

“THE GREAT WEIGHT MAINTENANCE MARATHON”

Brought to you by

PREVENTION PARTNERS

South Carolina Budget and Control Board
Employee Insurance Program

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PREVENTION PARTNERS

Personal Contract
Weekly Planning Sheet
Make a Commitment to Healthy Holidays
Eight Week Exercise Planner
Exercise Target Heart Rate
Exercising for Fitness
General Hints and Tips
Recipe Ingredient Alternatives
Eating Rules



The Great Weight Maintenance Marathon

Personal Contract

I, _____, on this date, _____,
have found my pre-Thanksgiving weight to be _____ pounds.

Through a sensible approach to eating, physical activity and stress management, I will be able to enjoy the Holiday season without gaining extra weight.

I can enjoy my Thanksgiving Feast without stuffing myself like the turkey.

I can enjoy Christmas without eating everything, including the Christmas tree.

I can enjoy myself at Holiday Parties by focusing on friends and family as opposed to food and alcohol.

I can enjoy New Years Day more if I remember what I did the night before. I hereby commit to entering _____ (upcoming year) at the above said weight.

Signed _____

Date _____

Witnessed _____

WEEKLY PLANNING SHEET

What situations may arise this week that may cause me to gain weight?

1. _____
2. _____
3. _____

How will I handle these situations?

1. _____
2. _____
3. _____

When will I exercise this week (Days and Times)?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

When will I have “me” time this week?

1. _____
2. _____
3. _____

What fun activities will I make time for this week with my family/friends?

1. _____
2. _____
3. _____

“CLAUS” - TROPHOBIA = the fear of looking like Santa Claus after the holiday season”

Because health is more than an apple a day!

MAKE A COMMITMENT TO HEALTHY HOLIDAYS

Warning: Holidays can be hazardous to your health.

You have just entered what has been called the “national grace period” from diet and exercise. From Thanksgiving to New Year’s Day, people leave behind their exercise programs and embark on a feeding frenzy. Six days off from work turn into a six week fiesta from fitness which, in turn, leads to a set of New Year’s resolutions designed to undo the damage.

That’s the bad news. The good news is that you don’t have to follow the herd behind Rudolph. You can dash, dance, and prance on your merry way, sticking to the healthful habits you’ve been cultivating all year long.

COMMIT TO YOUR DIET AND EXERCISE PROGRAM

The secret is commitment. People who are only interested in weight control, exercise and diet think they do the best they can under difficult circumstances. People who are committed will do what it takes to achieve results, regardless of circumstances. What commitment boils down to is keeping your word no matter what, over and over again.

CHANGING THE WAY YOU THINK HELPS

The way to move from interest to commitment is to change your perceptions. As long as your perception of the difficulties of diet or exercise are greater than your perception of the value of these programs, you’ll constantly choose the easier way.

When you realize that your perfectly sensible reasons for not staying with your program are simply blinders that keep you from pushing on, you can make the choice to say no to that piece of cake at the office party or get up the morning after and jog.

What situations will you encounter this holiday season which will make it difficult for you to maintain your weight?

1. _____
2. _____
3. _____
4. _____
5. _____

How will you “handle” these situations? (Think about your strategies now-the time of temptation will be too late!)

1. _____
2. _____
3. _____

4. _____
5. _____

Imagine and rehearse these strategies regularly. The more you practice them, the more likely you are to implement them when the time comes. Keep your strategy list handy to remind yourself of your options when the Thanksgiving pies and holiday cookies come your way.

BALANCE SHEET SHOWS WHAT'S IN THE WAY

To help you see what we're talking about, complete the balance sheet.

Positives for Sticking with Health Program

1. _____
2. _____
3. _____
4. _____
5. _____

Positives for not Sticking with Health Program

1. _____
2. _____
3. _____
4. _____
5. _____

Weigh the positives. Is a health life-style important to you? If it is, you will need to plan for the temptations of the holiday season.

EXERCISE PLANNING

On the following page you will find an exercise planner. You are more likely to maintain a fitness program if you plan your exercise schedule (day and time) and treat your exercise as an appointment. This "commitment balance sheet" can show you how you're letting good reasons stand in the way of results. The key is understanding that most of those reasons are really just perceived difficulties, not real barriers.

Ask yourself what would support your decision to exercise (or stay with your diet) during moments when you're tempted not to? Use the answer to help you have a happier, healthier holiday season and new year!

Edited from "Health and Well-Being", December 1987.



EIGHT WEEK EXERCISE PLANNER

[illegible]

EXERCISE TARGET HEART RATE

AGE	60%	80%
18	121	162
20	120	160
22	119	158
24	118	157
26	116	155
28	115	154
30	114	152
32	113	150
34	112	149
36	110	147
38	109	146
40	108	144
42	107	142
44	106	141
46	104	139
48	103	138
50	102	136
52	101	134
54	100	133
56	98	131
58	97	130
60	96	128
62	95	126
64	94	125
66	92	123

Exercising For Fitness

Some guidelines to help...

1. Taking your pulse

You can take your pulse at the artery in your wrist with the fingertips of your other hand. Time the pulse with your watch. Count the number of beats for six seconds and add a zero to get a quick estimate of your pulse rate. (For example, if your six seconds pulse count is 8, then an estimated heart rate is 80 beats per minute.)

2. Determine your maximum heart rate

Your maximum heart rate can be calculated by subtracting your age from 220. (For example, if you are 30 years old, your maximum heart rate is $220 - 30 = 190$.)

3. Determine your target heart zone

Your target heart zone is 60 - 80% of your maximum heart rate. To determine your target heart zone, multiply your maximum heart rate by 60% and 80%. (For example, the target heart range for the individual in number 2 is $.60 (190) = 114$, $.80 (190) = 152$. The target heart zone for this individual is 114-152 beats per minute.

4. Exercising within your target zone

For the first 5 to 10 minutes of your workout should be a time of slowly entering your target heart zone. After you have warmed up, check your pulse. If you are below your target heart zone, speed up. If you are above your target heart zone, slow down. Use the talk test as a good guide for preventing overdoing it when you are exercising.

5. Maintain your target heart range for at least twenty minutes

This is a good *standard* for achieving cardiovascular fitness. For weight loss benefits, increase the duration of your exercise. Be sure to gradually introduce exercise into your lifestyle. If you haven't been exercising in a while, you may overdo it, and your body will let you know through excessive muscle soreness or injury.

6. Drink fluids before, during and after your workout

Exercise causes the loss of fluids. It is important to drink fluids especially water, though "sport drinks" like Gatorade, can be helpful for exercise sessions over one hour. Drink fluids even if you don't feel thirsty!

7. Cool down after your workout

Blood tends to pool in the legs after exercise. A gradual cool down, a 3-5 minute walk and then stretching, will help pump blood back up to the body where it is needed. Stretching will also help to prevent muscle soreness.

8. Exercise 3 days a week for cardiovascular fitness

Add one or two days for weight loss benefits.

General Hints and Tips

To burn extra/excess calories consumed at that Thanksgiving meal take the stairs instead of the elevator or find other ways that require a little extra physical work in your daily routine. Who knows you may find that taking the stairs is not so difficult and with time you'll notice the climb gets easier.

Cut back on your meals before the turkey feast in an attempt to "save up" calories. For example, skip the chips or fries with lunch for the week of Thanksgiving.

Do not start a new diet or try to lose weight. Maintain current weight. Sample small amounts of many foods rather than large portions. Put leftovers away after meals to avoid snacking and spoiling.



Kitchen Hints



Use fresh or frozen vegetables and unsweetened fruits in place of canned vegetables and fruit in heavy syrup.

Baste the turkey and flavor the stuffing with broth rather than margarine.

To reduce cholesterol, use egg substitute or egg whites in place of whole eggs in recipes. They will not affect quality.

Opt for baking cookies and cakes without fillings or icings for less calories. Instead of the old family fruitcake recipe, try a fruit and nut bread packed with vitamins and fiber. Also, try fresh fruit alone or with plain nonfat yogurt instead of serving cake, pie, or ice cream.

You can still use that favorite family recipe. Simply make a few modifications on the ingredients. (see baking substitutions and modifications)

Recipe Ingredient Alternatives

CALORIES FOR	USE	SAVED
Whole milk (1 cup - 155 calories)	Skim milk(1 cup - 86 calories)	69
Whole egg (1 medium - 79 calories)	Egg white (1 medium - 16 calories)	63
Butter or margarine (1/2 cup - 810 calories)	“Diet” margarine(1/2 cup - 400 calories)	410
Vegetable oil (for frying) (1 tablespoon - 120 calories)	Non-stick vegetable spray(0 calories)	120
Mayonnaise (1/2 cup - 788 calories)	Light mayonnaise(1/2 cup -320 calories)	468
Sour cream (1/2 cup - 246 calories)	Plain, low-fat yogurt (1/2 cup - 72 calories)	174
Cream cheese(4 ounces - 396 calories)	“Light” cream cheese in tub (1/2 cup - 240 calories)	95
Whole milk ricotta cheese (1/2 cup - 216 calories)	Part-skim ricotta cheese (1/2 cup - 171 calories)	45
Flavored gelatin (2 cup mold - 315 calories)	Unflavored gelatin (2 cup mold - 23 calories) Sugar-free flavored gelatin (2 cup mold – 32 calories)	292
Strawberries, frozen swtnd. (4 ounces - 89 calories)	Strawberries, frozen unswtnd. (4 ounces - 40 calories)	49
Pineapple canned in syrup (4 ounces - 100 calories)	Pineapple canned in juice (4 ounces - 75 calories)	25
Evaporated milk(1 cup - 336 calories)	Evaporated skim milk (1 cup - 200 calories)	136
Creamed cottage cheese (1/2 cup - 177 calories)	Low-fat (1%) cottage cheese (1/2 cup - 82 calories)	35
Regular soft drink(1 cup - 90-95 calories)	Diet beverages(1 cup - 0-1 calories)	90-95
Double crust pie(1/6 - 290 calories)	Single crust pie shell(1/6 - 145 calories)	145

EATING RULES

- Don't eat unless you're hungry.
- Stop eating when you feel satisfied.
- Sit down at a table whenever you eat.
- Prepare and serve your food attractively.
- Learn to thoroughly taste and enjoy each bite of food.
- Record everything you swallow.
- Acquire a taste for snacking fiber foods instead of sweet foods.
- Save your reading for non-eating hours.
- If you usually head to the refrigerator when you enter the house, try coming in a different door to break the habit.
- Avoid telephone conversations in the kitchen; it's too easy to nibble absent-mindedly while you're talking.
- Let someone else have the privilege of unloading groceries or cleaning up after meals if these are times when you succumb to nibbling.



PREVENTION PARTNERS

Weekly Planning Sheet
Managing the Mall: Christmas Shopping Suggestions
Exercise Can Be Your Key to Success...
Choosing the “Right” Aerobics
So You Can’t Live Without Butter
Watching Your “Waste”
Family Activities



WEEKLY PLANNING SHEET

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Managing the Mall:

Christmas Shopping Suggestions

Know what you're looking for, take a list.

Don't even try to get all of your shopping done in one trip. Be Reasonable! If you hate to wrap gifts, get it done at the store or in the mall.

Shop when the stores are less crowded; take an afternoon off work if possible and go on a weekday.

Shopping after work may be deadly; you're tired and hungry.

If possible don't take the kids shopping.

Don't shop at the last minute.

Set a holiday gift budget and stick to it.

Try not to plan a meal into your shopping trip; it adds time and calories. If you need a treat, try soft yogurt or popcorn instead of a cookie or ice cream. If it's more convenient to eat your meal at the mall, go to one of the cafeterias but first plan what you will order and stick to that plan.

Bring a snack with you: an apple, orange, banana, nuts, packable crackers.

If you need a break from shopping, eating won't help. Sit down, close your eyes, try to relax, focus on the Christmas music that is playing and the mall's holiday displays, or people watch.

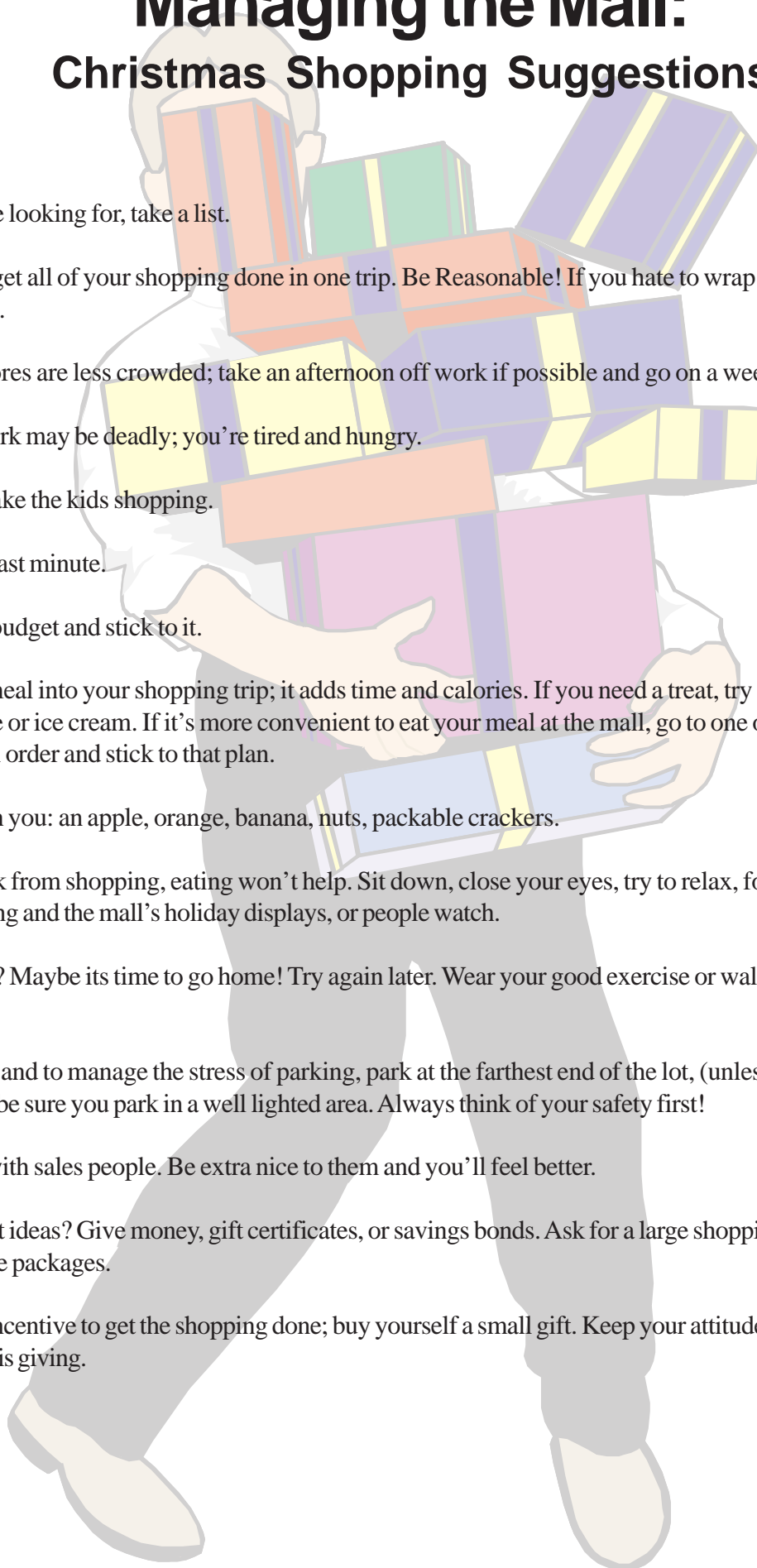
Feeling frustrated? Maybe its time to go home! Try again later. Wear your good exercise or walking shoes when you shop.

For extra exercise and to manage the stress of parking, park at the farthest end of the lot, (unless you plan to buy large, heavy items). But be sure you park in a well lighted area. Always think of your safety first!

Try to be patient with sales people. Be extra nice to them and you'll feel better.

Running out of gift ideas? Give money, gift certificates, or savings bonds. Ask for a large shopping bag with a handle to carry all of the little packages.

Give yourself an incentive to get the shopping done; buy yourself a small gift. Keep your attitude positive. Remember the spirit of Christmas is giving.



Exercise can be your key to success during the holiday season.

The following equation represents the effect of calories on weight.

Calories consumed - Calories expended = Weight loss, maintenance, or weight gain

As you can see, weight gain results when more energy (Calories) is taken in than spent. (The “Calories” of a food represent the “energy” found in the food.) If you take in extra food over the holidays (which is, of course, what many of us will do), then you can prevent weight gain by increasing the Calories expended (physical activity). The next page has some common exercises and the caloric expenditures for engaging in these activities.

You can also increase your daily physical activity by doing the following:

1. Housecleaning
2. Parking further away from store entrances – if it is safe and in a well lit area
3. Walking to places instead of taking the car
4. Taking the stairs instead of the elevator
5. Taking a walk break instead of a coffee break

Remember, every little extra counts!



CHOOSING THE “RIGHT” AEROBICS

When deciding on the right aerobic activities for your personal fitness plan, think about the following considerations:



Your physical condition

may affect your choice of aerobics. If you have been very inactive in the past, or suffer from bone or joint problems, your physician may suggest a “soft” activity like walking rather than “high-impact” aerobics.

Your personal interests

can also help determine your activities. If you like the outdoors, brisk walking, jogging cycling, or cross-country skiing may be appealing. If you enjoy socializing while you exercise, consider activities like racquetball or handball where you’ll need a partner.



Your environment

plays an important part in your activity plan. If you live in a warm climate, swimming may be your exercise of choice. If you live in an inner city or area with temperature extremes, you may prefer indoor activities like stationary cycling or rowing, or an aerobic dance class.

Variety is the spice of life, so when considering your choices, don’t limit yourself to just one

activity. Try alternating several different kinds of activities to keep your interest level high. Once you’ve considered all the variables, you’re ready to begin your personal aerobics plan. Then, consider it done!

CALORIES USED IN 20 MINUTES OF DIFFERENT ACTIVITIES

Activity	Calories Used
Baseball	81
Basketball (moderate)	124
Bicycling-12 mph	188
Calisthenics	75
Canoeing	124
Cross-country skiing	205
Dancing	74
Dancing-aerobic	105
Downhill skiing	169
Driving	45
Field hockey	217
Football	145
Golf	85
Hiking	140
Horseback riding (trot)	119
Housework	63
Ice hockey	54
Ice Skating	100
Jogging-6 mph	160
Judo	198
Office work	45
Racquetball	171
Roller skating	100
Rowing machine-400 strokes	206
Running-7 mph	245
Sailing	51
Skipping rope	245
Sleeping	18
Snow shoveling	136
Snow shoeing	160
Soccer	157
Softball	65
Standing (no activity)	23
Swimming-800 yds.	152
Table tennis (ping pong)	58
Tennis-singles	121
Volleyball	100
Walking-2 mph	83
Walking- 4.5 mph	100
Watching television	18

SO YOU CAN'T LIVE WITHOUT BUTTER (OR CREAM OR MAYO)

No one is asking you to go “cold turkey” on the foods you have come to know and love so well. That’s not realistic. There are, however, a number of ways you can make small behavioral changes and help your body discover new ways of enjoying the taste of your favorite foods without the addition of excess fats.

Try cutting the quantities of these “far-out-fat” foods in half. Use teaspoons, not tablespoons. For example, you will note in our recipes that usually only 1 teaspoon of oil, if any, is used to brown a pound of meat. Check your old favorite recipes - most of them probably suggest 2 to 4 tablespoons of oil per pound! That’s not necessary!

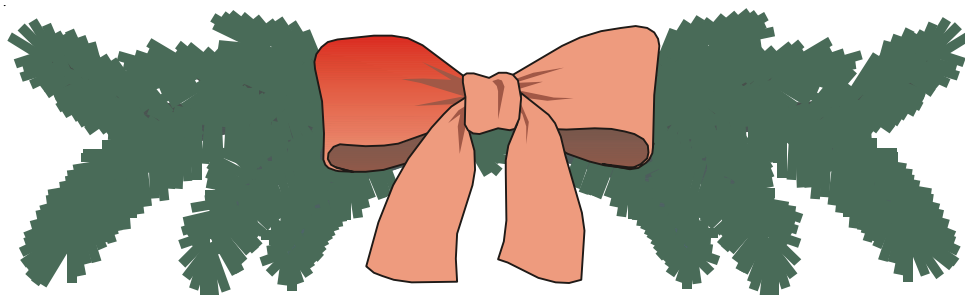
One of your goals is to re-educate your palate. Learn how to replace one habit with another. If you LOVE mayonnaise, butter, cream cheese, avocado, confronting the task of low fat eating may seem almost insurmountable because you enjoy these foods so much. With small changes over a period of time, you can succeed.

Habitual choices of cheese high in fat can be changed. Try skim milk cheese in place of your regular ones. If cheddar is a special weakness, buy the strongest, sharpest brand available and you’ll find you will be satisfied with a smaller amount. Half the amount called for will produce good results in most recipes.

Instead of thickly spreading margarine or mayonnaise on a sandwich, use a lighter hand and a lighter spread. If you must have mayonnaise, use one of the reduced fat brands or add nonfat yogurt to the jar in increasing quantities as you use it up - you may find that you can fill the jar with yogurt and hardly notice the difference. Use the same trick for sour cream: yogurt (with a bit of lemon juice) makes a very acceptable substitute. Do you think that buttermilk is mostly fat? (After all, look at that name.) It’s not - most brands are fat-free. And salad dressings made with buttermilk and nonfat yogurt or lowfat cottage cheese are both low in fat and delicious!

It’s hard to find a substitute for an avocado! If that happens to be one of your weaknesses the best bet is to gradually cut quantities. You don’t have to give it up in one week or one month or completely. It may take six months of slowly cutting down before you find that one slice will satisfy you - especially combined with other lowfat foods to make it last longer. Actually, just reminding yourself that it is 90% fat will help! When you examine your own high-fat habits, think about how you can re-educate your palate.

YOUR GOAL IS A PERMANENT LIFESTYLE CHANGE, NOT A TEMPORARY QUICK-FIX.



Watching Your Waste

When trying to maintain your weight this holiday season, you will be watching your waist by watching what you buy—buying items with low fat and low calories. In conjunction with watching your waist, you can also watch your *waste* by “precycling”—making buying choices that support responsible products and packaging; making recycling easier and reducing the amount of garbage you throw away.

The following recycling tips focus on supermarket shopping because that’s the type we do most frequently. But the ideas apply to other forms of shopping, too.

Bring Your Own Reusable Shopping Bags. Durable canvas or string bags are light and convenient to carry and can be used thousands of times; saving an astonishing amount of paper and plastic over time.

Buy In Bulk. Buy items in the biggest container feasible for your rate of use. This not only uses less total packaging, it also saves you money!

Buy Recycled Paper Packaging. Pass up polystyrene foam (“styrofoam”) egg cartons and choose cardboard ones, which are made from recycled newsprint. For paper boxes (such as cereal boxes) the rule of thumb is: If the unprinted side is grey and not white, it’s made from recycled paper.

Avoid Throwaway Products. Avoid single- or limited-use items such as plastic razors, throwaway cleaning pads and foil baking pans. Reduce or eliminate your use of disposable plastic diapers, which account for two percent of the total U.S. landfill volume.

Avoid Excess Packaging. Compare the size of the package to the size of the product. If the package is designed to take up as much shelf space as possible, choose a competing product. Do without products that are sold inside more than one layer of packaging (example, “bric pac” juice boxes for children). Avoid “single-helping” and convenience packages.

Think Recycling. Choose the container that can - in your community - be most easily collected, sorted and re-manufactured into new products. In most states, aluminum and glass are generally more recyclable. Avoid products that are difficult to recycle (e.g., many “squeezable” plastics, made of numerous layers of different plastics).

Watch The Words. Advertisers have worked overtime to translate consumers’ environmental sympathies into increased sales for their product - even if their product is not particularly good for the environment. Beware of the word “recyclable,” which is not the same as “recycled” - the word it so closely resembles. Many materials are technically recyclable, but what matters is what you can recycle in existing local programs. A “recycled” product or container is actually made from materials that have been used before.

Particularly misleading are claims that certain plastic products are “biodegradable.” The truth is that “degradable” plastics don’t degrade in modern landfills designed for water to run off and where sunlight is minimum. They interfere with plastics recycling and end up creating more problems than they solve.

Let Them Know. Tell grocers, store owners, restaurant managers and others that you are making your buying decisions based on the environmental impact of products. Let the manufacturers know, too (many companies carry addresses or phone numbers on their packaging).

PRECYCLING requires each of us to make small changes in our everyday behavior. But these changes will have positive consequences for generations to come.

Edited by Keep America Beautiful of the Midlands, Inc., from information published by the Environmental Defense Fund.

HOW TO PREPARE YOUR RECYCLABLES

NEWSPAPERS, most recycling programs prefer for them to be placed loose inside the bins. If you choose to bundle your newspapers, tie them with string or stack in paper bags. Glossy inserts that come inside the newspaper do not need to be removed.

ALUMINUM CANS should be crushed (step on them!). If you question whether or not it is an aluminum can or a steel can, place a magnet on it. If it sticks, the can is made of steel.

GLASS BOTTLES & JARS. Lids must be removed. Rinse containers out. Separate by color—clear, green & brown. Labels can be left on.

PLASTIC SOFT DRINK CONTAINERS & MILK JUGS. Lids-must be removed. Rinse containers out. Step on them! Labels can be left on.

Information provided by Keep America Beautiful of the Midlands, Inc.



FAMILY ACTIVITIES

Window Stencils

Make these lacy snowflakes with pretty paper doilies, white poster paint, and a sponge.

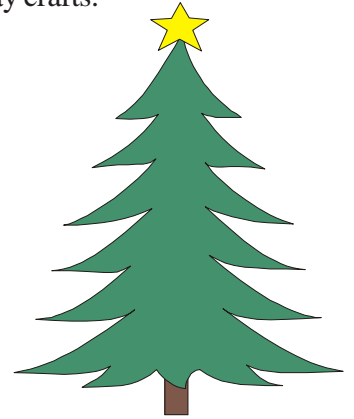
Anyone can make delicate designs on windows at school and home. Choose from a variety of paper stencils and doilies (either cut by hand or purchased in bulk at card shops and dime stores), tape the selection to a pane of glass, and apply water-soluble paint with either a wide stencil brush or sponge. Best of all, these washable “curtains” wipe off with ease when the party’s over. Window stenciling is surely one of the season’s most beloved holiday crafts.

Cookies for the Tree

ORNAMENT COOKIES

1/2 cup reduced-caloric margarine
3/4 cup sugar
2 tablespoons skim milk
1/2 teaspoon vanilla extract
1 egg

2 1/4 cup all-purpose flour
2 teaspoons baking powder
1/2 teaspoon ground nutmeg
Royal Icing
Assorted decorative candies



Cream margarine at medium speed of an electric mixer; gradually add sugar, beating until light and fluffy. Add skim milk, vanilla, and egg; beat well. Combine flour and next 2 ingredients; gradually add to creamed mixture, mixing well. Cover and freeze 1 hour.

Working with one-fourth of dough at a time, roll to 1/4-inch thickness on a lightly floured surface; cut dough with decorative cookie cutters. Place on ungreased cookie sheets. Using a plastic drinking straw, make a hole in each cookie about 1/2 inch from top edge.

Bake at 375° for 10 minutes or until edges are lightly browned. While cookies are still warm, re-open holes with a wooden pick. Cool completely on wire racks.

Frost with Royal Icing, and sprinkle with decorative candies. Let stand at room temperature until icing hardens (about 30 minutes). To hang cookies, thread narrow ribbon through holes. Makes: 4 dozen.

Royal Icing

3 egg whites
1/2 teaspoon cream of tartar
1 (1-pound) package powdered sugar
sifted food coloring

Combine egg white (at room temperature) and cream of tartar in a mixing bowl. Beat at medium speed of an electric mixer until soft peaks form. Add half of sugar, mixing well. Add remaining sugar, and beat at high speed 5 to 7 minutes. Color as desired with food coloring. Makes: 3 cups.

Note: Icing dries out very quickly; keep covered with a damp cloth and plastic wrap.

PREVENTION PARTNERS

Weekly Planning Sheet
Dining Out
Not all Fat Is Created Equal
Holiday Food Challenges
Making Time For Fitness
Activities and Recipes for Children



WEEKLY PLANNING SHEET

What situations may arise this week that may cause me to gain weight?

1. _____
2. _____
3. _____

How will I handle these situations?

1. _____
2. _____
3. _____

When will I exercise this week (Days and Times)?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
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When will I have “me” time this week?

1. _____
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What fun activities will I make time for this week with my family/friends?

1. _____
2. _____
3. _____

Dining Out

Plan your meal in advance if you know what the restaurant offers.

CHOOSE the restaurant wisely. Avoid places that serve rich gourmet foods and “all-you-can-eat” buffet or family style service. Instead look for an establishment that has a salad bar.

To cut down on serving size, order from the list of appetizers for your main course.

Be assertive! Insist that your food be prepared the way you want it.

Request dressings, gravies, and sauces be served on the side.

Ask your waiter how selections are prepared. If your order arrives not as you requested, send it back.

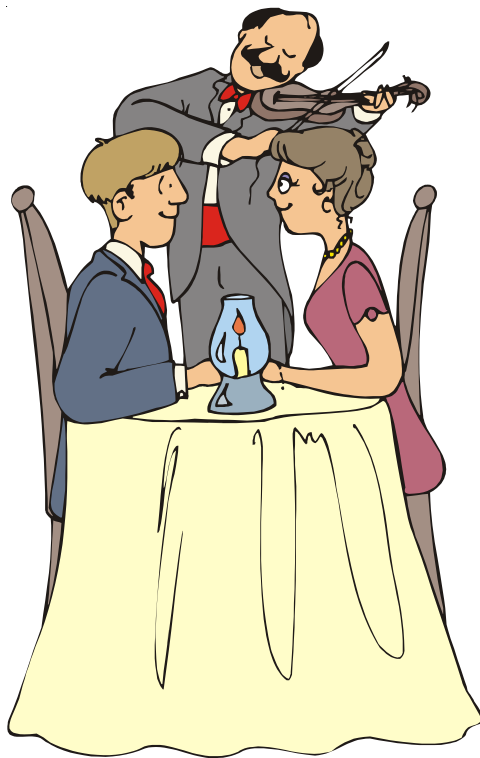
Share a dessert or skip it altogether.

Try ordering mustard instead of high fat mayonnaise on your sandwich.

Avoid fried foods, which are high in fat and calories. Added fats - sauces, mayonnaise, toppings - should also be restricted.

Choose broiled or baked meat or poultry over fried foods. Fresh side salads are a low-calorie alternative to fries.

For a beverage, opt for low-fat milk or the perfect refresher - water.



Not All Fat Is Created Equal

United States Dietary Guidelines recommend avoiding too much fat in the daily diet. So how much is too much? Well according to the guidelines the average person should limit their daily consumption of fat to approximately 30 percent or less of their total caloric intake (based on an approximate 1,500 cal./day diet). In line with these recommendations it is suggested that we take in approximately 12 percent protein and 58 percent carbohydrates.

If you were to make one dietary change ... decreasing your fat intake would probably be your best bet. In addition some fats are better than others. Basically we want to avoid saturated fats. Opting for unsaturated fats is the better choice. Polyunsaturated fats have been cited for lowering LDL levels (the bad guy) but they also lower the levels of HDL (the good guy). Therefore your best bet would be to choose monounsaturated fats as often as possible because they decrease levels of LDL.

We have listed some fat sources that are good choices and some that you should avoid.

HEALTHY CHOICES

- *Olive oil
- *Canola oil
- Peanut Oil
- Sunflower oil
- Safflower oil

UNHEALTHY CHOICES

- All animal fats
- Lard
- Palm oil
- Coconut oil
- Palm kernel oil
- Corn oil

*excellent

Enclosed also is a list of foods with grams of fat and total calories. To help you convert grams to percentages we've enclosed a chart. By using this information you can easily quantify the percentage of fat in your diet.

Calculating the Percentage of Fat Formula

Fat grams x 9 ÷ total calories per serving x 100 = _____ % of fat

The amount of fat grams multiplied by 9 calories/gram divided by total calories then the results are multiplied by 100 to get the percentage.

Example:

Calories: 270 Fat: 13 grams

All Fat has 9 calories per gram

13 grams x 9 calories per gram divided by 270 calories equals .43 x 100 equals 43% of the calories from fat.

Things to remember:

1 serving of Carbohydrate equals 4 calories/gram

1 serving of Protein equals 4 calories/gram

1 serving of Fat equals 9 calories/gram

HOLIDAY FOOD CHALLENGES

Instead of depriving yourself during the holidays, savor small tastes of your favorite foods. If you lose control once or twice, that is fine. Forgive yourself and start over. Here are a few tips:

Never go to a buffet hungry. Fill your plate with vegetables, then go back for the more irresistible items, taking only taste-size portions.

When you're presented with rich, heavy foods such as Fruit Cake, take a token slice, cut it into small pieces, then only eat a few bites.

Alcohol usually contains 150-300 calories per serving. Because this year you are exercising restraint, order a light beer or Virgin Mary. Drink a glass of sparkling or mineral water with a twist of lemon or lime. **Remember: every party needs a designated driver.**

When baking cookies it is awfully tempting to eat half the cookie dough yourself. Here are some tips to help you keep that cookie dough out of your mouth and on the cookie sheets, where it belongs: Chew sugarless gum. Freeze leftover dough or throw it out. If you're mailing cookies to loved ones, tape the tins shut and mail them immediately!

Leftovers from that divine holiday dinner you had can be either frozen or placed in festive-looking "take home" bags for each guest. You don't want those suppose-to-be once a year treats as lingering leftovers.

With Christmas around the corner, you might find your lunch hour is taken up with shopping instead of eating. If you go more than five hours without eating, you'll more than make up for it later. Try to find a fast food place that serves broiled chicken, potatoes or low-fat burgers.

When eating out, always order broiled, baked or steamed poultry, fish or lean beef. Ask the waiter to bring the bread-basket with the meal. Have salad with dressing on the side and fresh or boiled vegetables without butter. Never clean your plate. Most restaurants now have low-fat choices available.

If you're eating holiday dinners at various relatives homes, view each meal as a snack rather than a meal. You'll save many calories.

If friends and relatives are popping in and out throughout the holiday season, stock your cabinets with healthful, low-fat holiday items that can be prepared quickly: fresh vegetables with low-calorie dip, popcorn, low-fat yogurt, fresh fruit, sparkling cider and fruit-flavored mineral waters.

Enjoy eating three or four bigger-than-average meals during the holiday season, but plan on normal eating habits for the remainder of the season. Exercise a little more to make up for the extra calories.

Happy Holidays!



Small Scented Candles

use paraffin or old white candles
old wick or heavy string
oil of cinnamon

oil of cloves
other desired scents
old crayons



Grease and flour muffin tins. Note: May divide paraffin and make several colors. Melt paraffin bars on low heat in saucepan. Add crayon; allow to melt. Remove from heat and add desired scent. Pour into floured muffin tins and allow to cool. May want to freeze muffin tin prior to use.

Bread Dough Christmas Ornaments

1/2 cup salt
2 cups flour
3/4 cup boiling water



“Pretty to look at - not to eat.” Dissolve salt in water. Cool (if colored dough is desired, add food coloring). Gradually add flour, knead until dough forms ball and becomes smooth. Roll to 1/4 inch thickness. Cut with favorite cookie cutters. Place on cookie sheets. Bake at 300° for 1 hour. Cool on racks. Ornaments may be varnished or painted.

Drying Flowers

Borax
shoe box
fresh flowers

Note: Great for Dog Woods, Roses, Chrysanthemums, Daisies, straw flowers. Sprinkle powdered Borax in bottom of shoe box to cover bottom. Place **flowers in box** and sprinkle Borax over flowers until they are covered. Place lidded box under bed or in some place where it will not be disturbed for 1 week. Take flowers out and shake off Borax. Flowers will stay nice forever.

Play Dough

1 cup flour	2 tsp. cream of tartar
1 cup salt	2 tsp. cooking oil
1 cup water	food coloring of desired color

Stir together all ingredients. Cook over low heat until firm (not hard), stirring *constantly*. Remove from heat and knead until smooth throughout.

Fingerpaints

1 cup dry starch
1/2 cup water
1 1/2 cups boiling water
3/4 cup powdered detergent
powdered tempera paint

Mix starch and 1/2 cup of water in a container that can take boiling water. Add the boiling water and stir rapidly. Add soap and stir till smooth; add tempera paint.

PREVENTION PARTNERS

Weekly Planning Sheet
The Family Stress Test
The Holiday Season - Festive or Stress-Filled?
Party Tips: Food
Shopping the Lowfat Lifestyle Way
Tips for the Holiday Host and Guest
Non-Fat Gift Ideas



WEEKLY PLANNING SHEET

What situations may arise this week that may cause me to gain weight?

1. _____
2. _____
3. _____

How will I handle these situations?

1. _____
2. _____
3. _____

When will I exercise this week (Days and Times)?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

When will I have “me” time this week?

1. _____
2. _____
3. _____

What fun activities will I make time for this week with my family/friends?

1. _____
2. _____
3. _____

THE FAMILY STRESS TEST

How Stressed Is Your Family?

Take this quiz to help you evaluate your family's stress level. Score 0 if the statement is never true for your family, 1 if it's rarely true, 2 if it's sometimes true, and 3 if it's always true.

- | | |
|---|--|
| 1. ___ We often talk about our feelings. | 2. ___ It seems like we argue a lot. |
| 3. ___ I know what's important to my kids. | 4. ___ (For couples) Sometimes marriage is disappointing. |
| 5. ___ (For single parents) I'm comfortable being single. | 6. ___ The kids get upset that we argue. |
| 7. ___ We have enough money for the important things. | 8. ___ We have conflicts about how much to spend and on what. |
| 9. ___ Work is important, but family is our top priority. | 10. ___ We don't listen enough. |
| 11. ___ (For couples) Our relationship is strong. | 12. ___ (For single parents) My kids are upset when I date. |
| 13. ___ (For couples) We both feel good about our roles as parents. | 14. ___ It seems as if someone's always mad at someone else. |
| 15. ___ (For single parents) The kids like my choice of dates. | 16. ___ Too much work is getting to me. |
| 17. ___ Tension in our house is rare. | 18. ___ (For single parents) Being single has been very hard for me. |
| 19. ___ The kids are doing well in school. | 20. ___ There's never enough time. |
| 21. ___ Everyone in the family has a job, and does it without being nagged. | 22. ___ (For couples) We argue about who should do what with the kids. |
| 23. ___ We eat together every day. | 24. ___ It's impossible to get the kids to do anything around here. |
| 25. ___ Vacations together turn out well. | 26. ___ I've been called in to school to discuss my child's behavior. |

Total Odd Score: _____

Total Even Score: _____

To score: Total your scores for odd numbered questions and even numbered questions separately. Your goal is to have a high odd score and a low even score. Both are positive signs of your family's stress skills.

What Your Scores Mean

For scores of 33-above (odd) or 17-less (even): Congratulations! Your family has good skills and attitudes which help you handle life's stresses. This makes your home life rich and satisfying.

25-32 (odd) or 18-24 (even): You have a strong start. Try practicing your good skills and positive attitudes more, to create even more harmony at home.

18-24 (odd) or 25-32 (even): You're probably under many stresses. Look carefully at these questions and think about ways to improve your score. Remember. it's not a sign of weakness to ask for help.

17-less (odd) or 33-above (even). Taking action now is very important for your family's health and happiness. Reach out to friends, family or professional help for a great boost when times are tough.

The Holiday Season - Festive or Stress-Filled?

The Holiday Season is a very festive time. It can also be a stress filled time. Stress can result from family get-together, busy schedules, deciding where to eat your holiday meals.

Here are some tips to help you and your family deal with the stressors of the season.

1. **Communicate.** Talk with your spouse, family and friends about your feelings.
2. **Exercise.** Physical activity has a calming effect that lasts long after the exercise session is over.
3. **Relax.** Breathe deeply and try to remove all stressors from your mind. Concentrate on your breathing and imagine a relaxing place.
4. **Positive Self-Talk.** Talk to yourself (out loud if you need to). “I am calm;” “I am able to handle this situation;” “I am a wonderful person;” “I feel relaxed;” Say your desired feelings out loud. You can influence the way you feel through your self-talk.
5. **Plan “Me” Time.** (Also, allow your family to plan “me” time.) Sometimes all we need to do to relieve ourselves of stress is some uninterrupted time that belongs to no one but us as individuals. Schedule personal time and keep the appointment! Do something you enjoy in your personal time.
6. **Maintain a Balanced Diet.** Many times we over indulge in sweets, alcohol and caffeine over the holiday season. Eating right helps us feel better physically and emotionally.
7. **Give Yourself Enough Time to Arrive at Holiday Functions.** Running late can enhance the stress related to holiday gatherings.



Party Tips:

Food

- ❖ Call the hostess ahead of time and let her know you're bringing a dish. That way you can be sure there will be at least one healthy food for you to eat.
- ❖ Never go to a party on an empty stomach. Eat a small meal or healthy snack (apple, raw vegetables) and drink a tall glass of water or juice to keep you from overeating at the party.
- ❖ "Don't eat anything 'til you've seen everything". If there is a buffet at the party, be sure to see each item before putting anything on your plate and then chose wisely.
- ❖ Opt for a smaller plate if available or put your food on a napkin.
- ❖ Share that tempting high-fat dessert with a friend or spouse.
- ❖ Remember why you came to the party: to **be** with friends, not to eat.
- ❖ If you stray from your eating plan, don't let that be an excuse to throw in the towel. Just because you lost a battle doesn't mean you will lose the war.
- ❖ Don't stand by the food. Mingle and focus on conversations instead of eating.
- ❖ Be aware that alcohol tends to increase your appetite along with lowering inhibitions.

Partial credit for tips to Nancy Jacobs.



SHOPPING THE LOWFAT LIFESTYLE WAY

One of the major advantages of shopping for a diet low in fat, low in sugar and high in fiber is that it is less expensive than the normal American 45% fat diet! Chicken costs less than steak, fresh fruit beats store-bought pie and ice cream and a pot of bean soup can feed a family for pennies!

There are shopping tricks that are time-tested for lowering food bills and preventing unnecessary (and usually fattening) purchases. As you try to make some changes in the way you choose food, you'll find modifying your shopping patterns will save you time, money and fat calories.

SHOP THE PERIMETER. Did you realize that supermarkets are laid out in a fashion designed to promote the purchase of the more profitable packaged goods stocked in the middle aisles? In addition to costing more, packaged goods generally contain more fat, more sugar, more preservatives and less fiber than the fresh foods stocked at the perimeter of the store. Wheel your grocery cart around the outer aisles and make only occasional trips to the "interior" for necessities such as tuna, pasta and whole grain cereal. (Having a grocery list for the middle aisles and sticking to the list will help!)

NEVER SHOP WHEN YOU ARE HUNGRY. The best time to go shopping for groceries is after you've had a satisfying, complete meal.

GO WITH A GROCERY LIST AND STICK TO IT. Blind yourself to the seduction of unnecessary food items. If prowling supermarkets is one of your stress reduction techniques (and for many people it is), move to the hardware, sundries or cosmetics sections. You'll be amazed at the little items that are just waiting to be touched - and they have NO calories! It's a great place if you must satisfy impulse buying. Better to come home with a box of nuts and bolts than a box of cookies. Think of how righteous you'll feel!

TRY TO TAKE ONLY SUFFICIENT MONEY TO COVER THE PURCHASES YOU KNOW YOU NEED. In this era of check-writing and debit cards, that's not always easy. If you intend to browse, first purchase and pay for your necessary items and carry them to the car. (You'll burn a few extra calories here.) Moving outside the store may be sufficient incentive to encourage you to spend your free time on a brisk aerobic walk! If you must return to the store, promise yourself that if you purchase any additional items you'll stand in the **LONGEST CHECKOUT LINE**. Making the purchase of unnecessary items difficult is the best way to prevent yourself from doing it.

TIPS FOR THE HOLIDAY HOST AND GUEST

Tips for responsible social hosting at parties where beer, wine or distilled spirits are served:

Guidelines For Social Hosts

Maintain a tension-free atmosphere. Guests should not have a drink in order to relax.

Avoid salty foods that promote thirst. High protein foods are the best at slowing alcohol absorption.

Do not have an open bar.

Have an attractive variety of non-alcoholic beverages and have them accessible. If serving mixed drinks, be aware that non-carbonated mixers retard absorption of alcohol while carbonated mixers speed it up.

If the event is a dinner-and-drinks affair, keep the drinking period short and have hors d'oeuvres available throughout.

Don't push drinks.

Never serve alcohol or allow it to be served to a guest who seems to be intoxicated.

Stop serving alcohol at least an hour before the party is over.

Never let a guest drive away intoxicated.

Guidelines For Guests

Do not hesitate to exercise your right to refuse drinks or to avoid alcoholic beverages altogether.

If you arrive with a group, arrange for one member to take responsibility for driving and that person should not drink alcohol at all.

Party-goers taking medication should be aware that many drugs, both prescription and over-the-counter, can interact with alcohol to produce unpleasant or even dangerous side effects.

Non-Fat Gift Ideas!

- ❖ Running or walking shoes
- ❖ Jump Rope
- ❖ Swimming goggles
- ❖ Coupon for a whole-body massage
- ❖ Membership at a local health club
- ❖ Gardening accessories (globes, tools, seeds)
- ❖ Racquetball or tennis racquet
- ❖ Backpack or workout bag
- ❖ Warm-up suit
- ❖ Running tights or shorts or other exercise clothing
- ❖ Exercise equipment (rowing machine, stationary bike)
- ❖ Athletic watch
- ❖ Walkman headphones
- ❖ Classical music cassette, C.D. or album
- ❖ Exercise diary or log
- ❖ Pedometer
- ❖ *Fit or Fat* by Covert Baily
- ❖ Jane Brody's Good Food Book
- ❖ Bicycle training stand
- ❖ Heart monitor
- ❖ Bicycle helmet
- ❖ Exercise bra
- ❖ Mystery Novel
- ❖ Picture frame or framed favorite snapshot or old picture of friends or family
- ❖ Camping equipment
- ❖ Subscription to health-oriented magazine (Walking Shape, Health, American Health)
- ❖ Nut basket
- ❖ Healthy recipe - bags with ingredients included
- ❖ Water bottles
- ❖ Exercise mat
- ❖ Decaffeinated coffee or tea
- ❖ Mug
- ❖ Relaxing tapes
- ❖ Soap, bubble bath



PREVENTION PARTNERS

Weekly Planning Sheet
A Christmas Walk
Holiday Blues Cure
Alternate Behaviors to Increase Caloric Output
Beating the Holiday Temptation
Suggested Activities for Christmas Eve and Day
Clothespin Fantasies



WEEKLY PLANNING SHEET

What situations may arise this week that may cause me to gain weight?

1. _____
2. _____
3. _____

How will I handle these situations?

1. _____
2. _____
3. _____

When will I exercise this week (Days and Times)?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
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When will I have “me” time this week?

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3. _____

What fun activities will I make time for this week with my family/friends?

1. _____
2. _____
3. _____

A Christmas Walk

by David Updike

In recent years, I have found Christmas at my mother's house overwhelming. I wake not to the aching euphoria of childhood, but rather to a dull premonition that this is just the beginning of a long, exhausting day. As the house slowly fills with family and friends, and everyone starts doing something — cooking and cleaning and polishing silver — I can never seem to make myself useful. I end up lighting a fire and sitting before it in a kind of Christmas funk. Time seems to pass at half its normal speed until, finally, it is time to have a glass of sherry and open presents — a ritual I gladly partake of — and by the time it is over I begin to feel in the Christmas spirit.

But, still, the turkey is not cooked, nor the potatoes mashed, nor the last of the guests arrived, and there is another hour or two of loitering — eating dates and figs and cracking nuts, downing another glass of sherry — before we are all finally ready to eat. Grace is said, followed by wine, cranberries, turkey, squash, potatoes, peas, a joke or two with my Great Aunt Mac, a puff on my younger sister's cigarette, laughter, more wine, seconds, clear the table (my role, at last) and finally, we are ready for dessert. Pie.

“Shall we take a walk, first?” someone mercifully proposes, as they do every year, and this, it seems, is the moment everyone has been waiting for. Like a dam that is ready to burst, we pull on our coats and hats, release the barking dogs, and spill out into the dull, warmish overcast of this particular snowless Christmas. Outside, everything is still, and in this somber, marshy landscape, shades of rust and gray and brown, we all seem wonderfully animate, alive.

We follow the dogs over the bridge and then along the road that bends across the marsh — a broad, flat plain of tawny, matted grass that stretches away toward the sea. Acting as emissaries, go-betweens between the world of nature and human beings, the dogs forge ahead and then return, tails wagging, with the good news that the coast is clear. Along the road our numbers distend into little clumps of conversation, and from the edge of the marsh we pluck long, thin reeds with tassels on the end, and hold them high like flags, or brandish them like swords.

There is something imposing about the sight of us all, as we possess, en masse, a kind of tribal clout, like a gentle band of brigands, or a tiny familial army daring the neighbors to come out and take a look. Filled with wine and food, we are happy and giddy, and when we reach the big white gate that says “Private Property,” someone pushes it open and we recklessly continue. We follow the path that leads to the edge of the field which, in turn, stretches toward the horizon and, in the distance, yields to the faint blue edge of the sea.

And that, perhaps, is what we have come in search of, because when we are halfway across it our momentum begins to wane, and even the dogs begin to sniff back in the other direction, toward the house, where there is fire and food. But our walk has served its purpose, and for me somehow unraveled the tangle of the day and made it all whole. We have been out in our natural element, breathed fresh air, and seen that nature, in its coy and enigmatic way, treats Christmas much like any other day. We have paraded ourselves before the world, man and beast alike, and thus celebrated our renewed and mysterious presence here on earth.



Holiday Blues Cure

“Christmas.” The very word evokes different thoughts in all of us, to some these feelings are not always ones of joy. Christmas may remind us of happier times, of loved ones no longer with us or of simpler less complicated days when innocence was as real as Santa Claus. If you find yourself letting sad thoughts color your Holiday blue, stop, take a deep breath and try some of the cures listed below. It’s normal to have a few less positive thoughts this time of year, but don’t let them cloud your Holiday spirit.

Attend to a child: Copy the expression on a baby’s face; put yourself on the floor with a toddler; ask a 5-year-old what is interesting about Christmas; ask a 10-year-old about a favorite book or TV show; ask a 15-year-old what’s happening at school and show you are really interested and non-judgmental. Attending to a child takes patience and a willingness to submerge the judgmental side of yourself.

Plan for fun: It isn’t easy to provoke heartfelt laughter, but it is possible to arrange for yourself and others to have fun. The easiest way is to play games. As long as Uncle Ted, the real estate agent, doesn’t take losing too personally, classic board games like Monopoly or easy card games are a safe bet. Physically active games are good choices with children. There is nothing like charades to evoke riotous hilarity.

Do something for an older or infirm person: Think of an excuse to stop by; something as simple as “I just wanted to wish you a Merry Christmas” will do. Continue with “I haven’t seen you for awhile and wondered how you’ve been,” or “I was wondering how your family is.”

Consider your patience, as you listen to the detailed discussion that may follow, as a gift of yourself. Somehow, when we hear a parent or grandparent complain, we feel we are supposed to solve the problem when the only requirement is to be a sympathetic listener.

Focus on your personal meaning of Christmas: Many among us find primary at Christmas the Christian message of peace and love and the celebration of the birth of Jesus. Others find the true meaning of Christmas resides in renewing family ties.

Contributed by Betty Mandell



ALTERNATE BEHAVIORS TO INCREASE CALORIC OUTPUT

Embarking on a lifestyle that includes changes in the way you choose foods is a challenge that can be especially rewarding when combined with changes in your activity level that enable you to burn additional calories with the investment of only a small amount of additional time. There are many ways to increase daily energy expenditure. Try just one or two of the following suggestions, then add some of your own to get a more active outlook on the way you live.

When driving to work or taking public transportation, stop an increasingly longer distance from your worksite and walk the remaining distance. Walking to and from a car or bus stop one-half mile away from work at a pace sufficient to make the body more efficient at burning body fat can burn the equivalent of seven pounds of fat in one year.

When traveling relatively short distances, walk instead of taking your car.

Use your lunch hour as an opportunity to participate in some kind of physical activity. Walking is an ideal way to finish any meal especially if you have the pleasure of good company or make a point to see the beauty of the world around you!

Get up a half hour early and take a walk, bicycle ride or swim before breakfast. Replace your cocktail hour with 20 minutes of exercise. Replace your coffee breaks with exercise breaks.

Walk up and down the stairs instead of using elevators.

Sweep the sidewalks and patios around your house or apartment regularly.

Gardening, mowing the lawn, washing the car are all excellent opportunities for exercise and muscle work. Replace any hired help and undertake some of these physical tasks yourself.

During television commercials run in place, walk up and down the stairs or do any other activity that blocks a trip to the kitchen for a snack.

Play golf without a golf cart or a caddy.

Don't be locked into a daily routine that prevents you from modifying existing behaviors. A willingness to commit yourself to a new lifestyle that incorporates more vigorous activities within the framework of your daily routine will increase your caloric output and give you a more positive outlook.

BEATING THE HOLIDAY TEMPTATION

Surviving Parties

Before going to a party have a low-calorie appetite appeaser before you leave home.

Pass up a cocktail if you decide to sample the hors d'oeuvres or vice versa.

Give up both if you know the dessert has a redeeming feature and you've planned to eat it.

Don't sit or stand near the food table.

Offer to help serve the food so you can control your own portions.

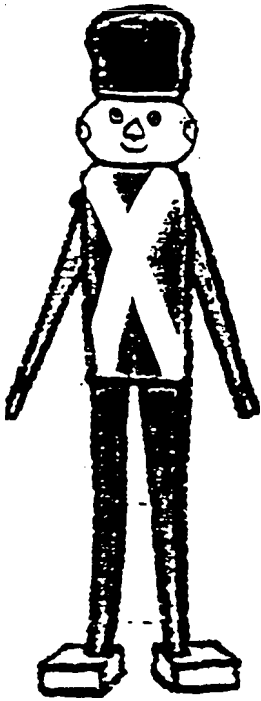
Let your host or hostess know if you won't be eating dessert, so it won't be dished up for you.

Don't be afraid to leave food uneaten.

Look over the buffet and decide exactly what you'll eat. Serve yourself and move away from the table immediately.

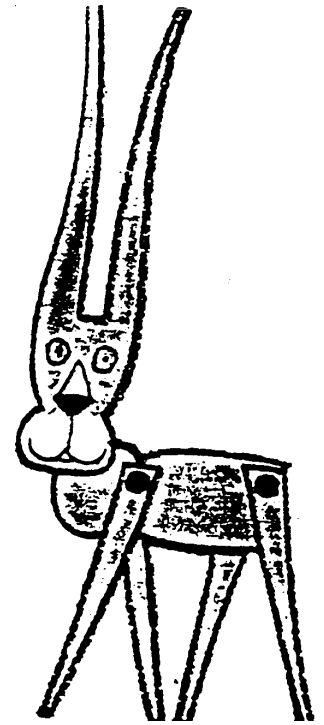
Suggested Activities For Christmas Eve or Christmas Day

- ❖ Look at old photos
- ❖ Watch family videos
- ❖ Go for a walk (but do not go out immediately after eating a large meal)
- ❖ Exchange memorable past Christmas stories
- ❖ Take a meal or gift or simply visit someone you know less fortunate than yourself
- ❖ Sing Christmas carols and go Christmas caroling
- ❖ Play charades using the holiday theme
- ❖ Make ornaments or decoration
- ❖ Play a board game
- ❖ Join the kids fun and play with their new toys
- ❖ Organize a game of family (tag) football
- ❖ Call a relative
- ❖ In the evening take the family for a drive to look at Christmas lights
- ❖ String popcorn for the Christmas Tree
- ❖ Decorate Christmas cookies
- ❖ Read Christmas stories
- ❖ Go to a religious service
- ❖ Watch Christmas videos



Clothespin Fantasies

Materials:
 Wooden Clothespins
 Pipe Cleaners
 Carpet Tacks
 Small Nails
 Poster Paints or Water Colors
 Sandpaper
 Hammer
 Coping Saw
 Pocketknife



With some ordinary wooden clothespins, a little paint, pipe cleaners, and some tacks, you can create fantastic looking creatures. You will soon have many ideas of your own clothespin fantasies.

Preparing Clothespins: Very carefully cut the clothespins with a coping saw. Smooth the edges with sandpaper. Shape tails for fly, crocodile, and airplane with a pocketknife.

Fasten pipe cleaners to clothespins by making a loop in the pipe cleaner and hammering tack through center of loop. Paint clothespins whatever colors you wish.

TOY SOLDIER

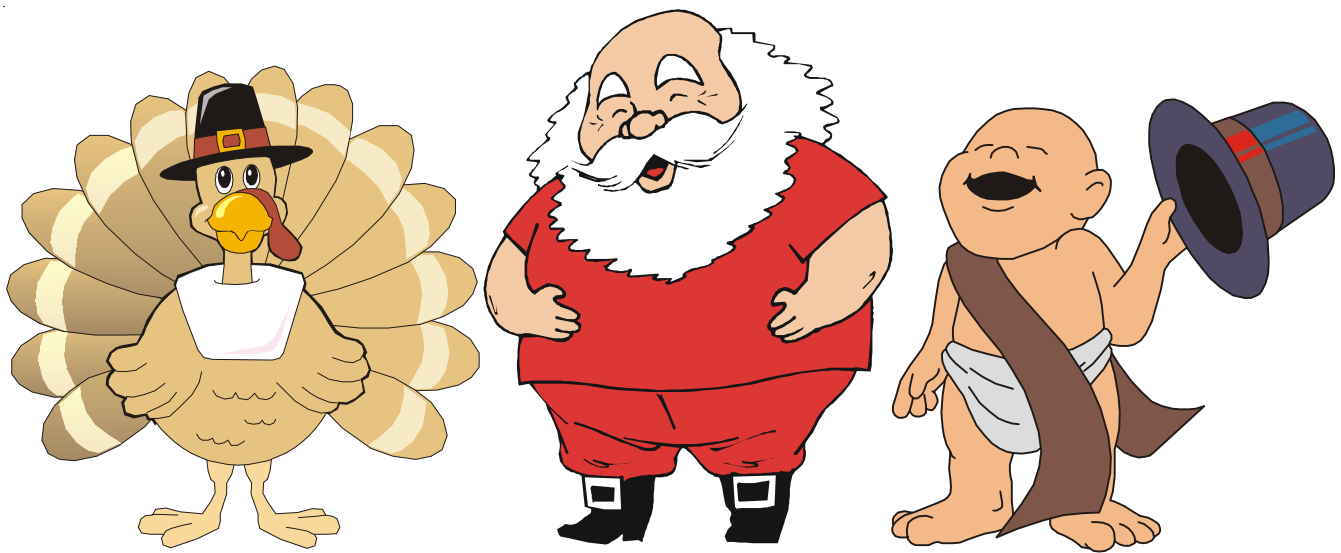
Use two clothespins. Body-use entire clothespin. Hat-use long knob. Arms-one "leg" of clothespin cut in half length-wise. Feet-parts of second clothespin. Use five tacks to attach arms to body, hat to head, feet to legs.

REINDEER

Use two clothespins. Body-top half of one clothespin. Head-entire clothespin upside down. Legs-two clothespin ends slit in half. Use five tacks to attach head and legs to body.

PREVENTION PARTNERS

Weekly Planning Sheet
Party Tips: Alcohol
Don't Drink and Drive
More Fun Recipes for Kids!



WEEKLY PLANNING SHEET

What situations may arise this week that may cause me to gain weight?

1. _____
2. _____
3. _____

How will I handle these situations?

1. _____
2. _____
3. _____

When will I exercise this week (Days and Times)?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

When will I have “me” time this week?

1. _____
2. _____
3. _____

What fun activities will I make time for this week with my family/friends?

1. _____
2. _____
3. _____

Party Tips

Alcohol

If giving a party:

- ❖ Serve high protein foods that are better at slowing alcohol absorption (shellfish, meatballs, chicken).
- ❖ Don't have an open bar. Put drinks out of the immediate sight of guests and serve or have someone else serve drinks on request.
- ❖ Make non-alcoholic or mocktail drinks available.
- ❖ Instead of serving wine, offer wine spritzers which is diluted wine with mineral water or light carbonated beverage.
- ❖ Never allow a guest to drink who appears intoxicated.
- ❖ Don't make those who chose not to drink alcohol feel guilty or try to persuade them to drink.
- ❖ Never allow an intoxicated guest to drive home. Insist they take a taxi, have someone else drive, or you take them home.

Alcohol Content

If you are among those who mistakenly think that beer and wine have less alcohol than 'hard liquor,' guess again. Alcohol is alcohol, and one can of beer contains just as much alcohol as a standard whiskey and soda.

12 ounces of beer = 5 ounces of wine = 1 1/2 ounces of liquor = 3 ounces of sherry

"Don't Drink and Drive"

You've heard this sober advice many times, but at no time is it more appropriate than New Years Eve. People, who normally may not go to parties or even drink, chose the year's last Holiday to do both. If your New Years Eve celebration plans include this combination, there will be plenty of sober taxi drivers eager to chauffeur you home FREE. Just contact local cab companies before hand to find out which taxis companies will offer free rides.

Also, if your New Years Eve celebration plans include hotel partying, be sure to ask the front desk for information about a free ride home. Many hotels will be joining in the spirit of safety with free rides home.

If attending a party:

- ❖ Opt for a low-calorie non-alcoholic beverage with a lot of fizz (i.e.. club soda, mineral water) instead of your "usual".
- ❖ Eggnog and other drinks made with cream are loaded with calories see Skinny Egg Nog Recipe.
- ❖ Don't be pressured into drinking alcohol when you prefer to abstain.
- ❖ If you wish to drink, use moderation by drinking slowly or having non-alcoholic drinks.
- ❖ Try to get a group of people to ride to the party together and have one of you agree to be the designated driver, who will refrain from drinking.
- ❖ If you are pregnant or lactating the safest decision is to avoid alcohol completely.
- ❖ If you are on medication be sure to check with your physician about possible side affects of combining alcohol with medicine.
- ❖ Don't drink on an empty stomach but choose foods wisely, avoiding salty snacks that make you thirsty such as nuts, chips and dips.
- ❖ Offer to help the hostess with party tasks, it will keep you busy and ease her work.
- ❖ Remember why you came to the party, to be with friends — focus on this instead of consuming alcohol.

RECIPE SECTION



Soups

Main Dishes

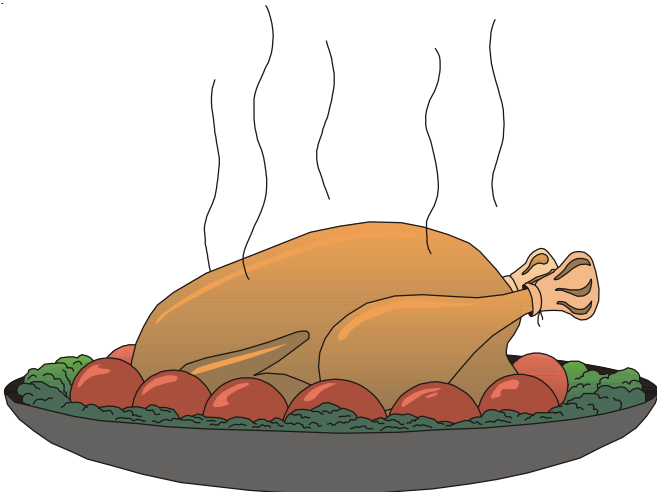
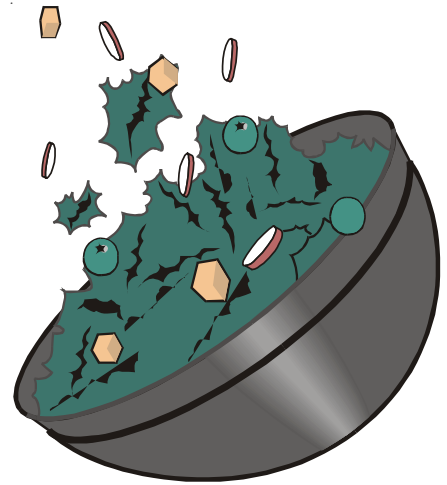
Side Dishes

Breads

Desserts

Cookies

Drinks



Soups

GARDEN FRESH VEGETABLE SOUP

1 cup sliced carrots
1 cup sliced celery
1 cup chopped onion
1 clove crushed garlic
4 cups chopped fresh tomatoes
2 cups beef broth
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon salt
1 cup fresh green beans, in 1 inch lengths
2 cups sliced zucchini

Mix together all ingredients except zucchini in a 4 quart saucepan. Bring to a boil, then cover and simmer 30 minutes. Add zucchini and simmer 15 minutes more. Serves 6. PER SERVING : 80 CALORIES, 2 GRAMS FAT.

WINTER VEGETABLE SOUP

2 cups beef broth
1/2 cup diced carrot
1/2 cup chopped celery
1 small diced potato, about 1 cup
1 cup stewed tomatoes
1/4 teaspoon dried basil
1/2 teaspoon salt, to taste
1/4 cup chopped green onion
1 cup chopped fresh spinach

Combine all ingredients, except onion and spinach, in large pot. Simmer until vegetables are tender (about 25 minutes). Add onion and spinach, heat 5 minutes. Serves 3. PER SERVING: 80 CALORIES, LESS THAN 1 GRAM FAT.

Main Dishes

BAKED TARRAGON CHICKEN SALAD

1 tablespoon white wine vinegar
1/2 teaspoon olive oil
1/4 teaspoon dried whole tarragon
1/8 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon pepper
1 (4-ounce) boned, skinned chicken breast half cut into thin strips
1 (3-ounce) unpeeled baby eggplant, cut crosswise into 1/4 inch-thick slices
1/2 cup julienne-cut red bell pepper Boston lettuce leaves

Combine first 6 ingredients; stir well and set aside. Combine chicken, eggplant, and bell pepper in a 8-inch square baking dish; add vinegar mixture, tossing well. Bake at 350° for 25 minutes or until chicken is done. Serve on lettuce-lined salad plates. Makes 2 appetizer servings. ABOUT 97 CALORIES PER 1-CUP SERVING.

MEATBALLS WITH CRANBERRY SAUCE

1 pound ground chuck
1/3 cup corn flake crumbs
1/4 cup frozen egg substitute, thawed
3 tablespoons dried parsley flakes
1 tablespoon instant minced onion
1/4 teaspoon garlic powder
1/8 teaspoon pepper
1 tablespoon low-sodium soy sauce
Vegetable cooking spray
12 (16-ounce) can whole-berry cranberry sauce
1/2 cup reduced-calorie chili sauce
1 1/2 teaspoons lemon juice

Combine first 8 ingredients in a large bowl; stir well. Shape meat mixture into 30 (1-inch) balls. Place on a rack coated with cooking spray; place rack in a large, shallow roasting pan. Bake at 350° for 20 minutes. Combine

cranberry sauce and remaining ingredients in a saucepan: stir well. Place over medium heat: cook until thoroughly heated. Serve meatballs with sauce. Makes 30 appetizer servings. EACH: 51 CALORIES.

LEMON-DIJON CHICKEN BREASTS

1/2 cup fine, dry breadcrumbs
2 teaspoons grated lemon rind
3 tablespoons country-style Dijon mustard
3 tablespoons lemon juice
6 (4-ounce) boned, skinned chicken breast halves
Vegetable cooking spray Lemon slices (optional)

Combine breadcrumbs and lemon rind in a zip-top plastic bag, shaking well to mix. Combine mustard, lemon juice, and lime juice: brush over both sides of chicken. Place chicken in bag with breadcrumb mixture, shaking to coat. Place chicken in a 13 x 9 x 2-inch baking dish coated with cooking spray; sprinkle chicken with remaining breadcrumb mixture. Bake at 375° for 15 minutes on each side or until chicken is done. Garnish with lemon slices, if desired. Makes 6 servings. EACH: 170 CALORIES.

CHINESE CHICKEN SALAD

1 cup cooked chicken
1/2 cup water chestnuts
1/2 cup bean sprouts
1/2 cup chopped celery
1/4 cup chopped green onion
1 cup cooked brown rice
2 tablespoons lowfat Italian dressing
1 teaspoon soy sauce
1 tablespoon lowfat mayonnaise
1 tablespoon Mock Sour Cream
1 tablespoon lemon juice

In a large bowl, mix together chicken, water chestnuts, sprouts, celery and green onion. In a separate bowl, pour Italian dressing over the cooked rice and stir until absorbed, then add to the chicken mixture.

Mix together soy sauce, mayonnaise, Mock Sour Cream and lemon juice and toss with all other ingredients. Makes about 4 cups. PER CUP: 135 CALORIES, 3 GRAMS FAT.

BEEF BURGUNDY

1 pound lean round steak
flour
1 teaspoon oil
1 clove minced garlic
20 small pearl onions

1 1/2 teaspoon dried thyme
1 bay leaf
1 tablespoon Worcestershire sauce
1 cup water
1 1/2 cups red wine
1 cup whole fresh mushrooms

Cut steak into 1 inch cubes. Pound flour into meat and brown in oil. Add garlic and onions and cook until lightly browned. Add all other ingredients except mushrooms, cover and simmer 1 hour. Add mushrooms and cook an additional 1/2 hour. Serves 4. PER SERVING: 320 CALORIES, 10 GRAMS FAT.

STUFFED ZUCCHINI BOATS

1 pound lean ground turkey or beef
1 finely chopped onion
1 finely chopped green pepper
1 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano
1 cup stewed tomatoes
1 cup tomato sauce
2 medium zucchini (about 1 1/2 pounds)
2 tablespoons grated Parmesan cheese

Starting with a cold, non-stick pan, brown ground meat slowly, breaking into very small chunks. Add onion and green pepper, brown briefly. Add salt, garlic powder, oregano, tomatoes and tomato sauce and cook until thick (about 30 minutes). Meanwhile, halve zucchini lengthwise and remove pulp with tip of spoon, leaving a 1/2 inch shell. Fill the shells with meat mixture. Spray baking dish with cooking spray, put filled shells in dish, cover with foil and bake until bubbly. Sprinkle with grated cheese and heat briefly to melt cheese. Serves 4. PER SERVING WITH TURKEY: 230 CALORIES, 10 GRAMS FAT.

STROGANOFF

1 pound lean ground turkey or beef
1 teaspoon oil
2 cups sliced mushrooms (1/2 pound)
1/2 cup finely chopped onion
1 clove minced garlic
2 tablespoons flour
1 cup chicken broth
1/2 cup white wine
1 teaspoon salt
1 cup lowfat yogurt

Starting with a cold, non-stick pan, brown ground meat slowly. Remove from pan, add oil, mushrooms, onions and garlic and cook briefly until mushrooms are browned. Stir in flour until well blended, add chicken broth and wine. Bring to boil, stirring constantly until thickened and smooth. Return meat to pan to warm through, add salt and simmer for 5 minutes. Stir in yogurt. Serves 4. PER SERVING WITH TURKEY: 285 CALORIES. 11 GRAMS FAT.

CHICKEN CHABLIS

4 half chicken breasts, skinned and boned
1 teaspoon oil
1/8 teaspoon garlic powder
1/8 teaspoon oregano
2 cups thinly sliced zucchini
1/4 cup chicken broth
1/4 cup lemon juice
1/4 cup white wine
salt and pepper to taste

Brown chicken in hot, non-stick pan. Sprinkle with garlic powder and oregano. In separate skillet, heat oil and lightly brown zucchini slices. Layer zucchini over chicken, add broth and lemon juice, cover and simmer 10 minutes or until chicken is done.
Remove chicken and zucchini to serving plates, add wine to juices in pan, boil briefly and pour over chicken. Serves 4. PER SERVING: 140 CALORIES, 3 GRAMS FAT.

QUICK QUICHE

1 cup cooked brown rice
2 ounces turkey ham
2 chopped green onions
1/4 cup cooked mushrooms
1/2 cup grated sharp cheddar cheese
3 eggs + 2 egg whites
1 1/2 cups skim milk
1/2 teaspoon salt

Spray 4 small custard dishes or tart pans (about 4 inch diameter) with cooking spray; press 1/4 cup cooked rice into bottom of each pan. Sprinkle rice with turkey ham, green onion, mushrooms and cheese. Beat together eggs, milk and salt and pour into pans. Bake at 350 degrees for about 20 minutes or until quiche is set. Serve hot or cold. Serves 4. PER SERVING: 210 CALORIES, 10 GRAMS FAT.

SESAME TURKEY BREAST

1/4 cup flour
4 tablespoons sesame seeds
12 teaspoon salt
1/2 cup dry white wine dash pepper
3 turkey breasts split and skinned (6 halves)
4 tablespoons vegetable oil

Preheat oven to 350 degrees. Mix dry ingredients. Dredge turkey in mixture. Brown turkey in margarine in skillet. Place in baking dish. Combine remaining ingredients. Pour over turkey. Bake, uncovered, for 1 hour. Baste every 15 minutes.

Yield: 6 pieces 276 Calories 16 Fat

Side Dishes

VEGETABLE COOKING

You will note that we have not included a lot of vegetable recipes - not because we don't like vegetables but frankly because we find it hard to improve on vegetables that are **LIGHTLY STEAMED AND SERVED WITH FRESH LEMON SQUEEZED OVER THEM.** This crisp, clean taste beats elaborate sauces and has no added fat!

FRIED RICE

1 egg + 1 egg white, beaten together
1 teaspoons oil, divided
1 clove minced garlic
1/2 cup thinly sliced celery
1/4 cup chopped green pepper
1/2 cup sliced green onion (reserve tops)
1/4 cup thinly sliced carrot
2 cups cooked rice
1 cup bean sprouts
4 tablespoons soy sauce
1 tablespoon lemon juice
1 tablespoon dry sherry
1/4 teaspoon ground ginger

Pour eggs into non-stick frying pan and cook just until set in one large pancake. Remove from pan, cool, cut into thin strips and reserve. Heat 1 teaspoon oil in pan, then add garlic, celery, green pepper, green onion (not tops) and carrot. Brown, stirring constantly, for about 2 minutes. Add second teaspoon of oil, then add cooked rice. Stir constantly until heated through and slightly browned. Stir in bean sprouts. Mix together soy sauce, lemon juice, sherry and ginger and pour over all. Place on serving dish and sprinkle with egg strips and tops of green onions. Serves 4. **PER SERVING: 140 CALORIES, 5 GRAMS FAT.**

NOTE: To expand this into a main dish, add protein such as 1 cup of cooked chopped chicken or thin strips of turkey ham and heat through.

HONEY CARROTS

10-12 small young carrots
1 tablespoon honey
2 tablespoons margarine
2 tablespoons finely chopped parsley or fresh mint
1 tablespoon brown sugar

Wash and trim carrots. Cook in a small amount of boiling salted water for 15 minutes, or until tender. Drain. Melt margarine in a skillet or saucepan. Add sugar, honey and carrots. Cook over low heat, turning carrots frequently until well glazed. Sprinkle with chopped parsley or mint, and serve immediately.

Yield: 4 Servings

117 Calories	0 mg. Cholesterol
1 g. Protein	16.8 Carbohydrates
5.7 Total Fat	34 mg. Calcium
1.1 g. Saturated Fat	220 mg. Potassium
1.8 Polyunsaturated Fat	123 mg. Sodium
Monounsaturated Fat	2.5

GLAZED SWEET POTATOES

1 pound sweet potatoes, peeled and cut into
1/2 inch thick slices
Vegetable cooking spray
1 tablespoon cornstarch
1 tablespoon brown sugar
3/4 cup unsweetened orange juice
2 tablespoons lemon juice

Place potatoes in a 1-quart casserole coated with cooking spray. Combine cornstarch and brown sugar in a small bowl: add orange and lemon juices, stirring well. Pour over potatoes: cover and back at 425° for 40 minutes or just until potatoes are tender and glaze is thickened. Makes 4 servings. **ABOUT 159 CALORIES PER 1-CUP SERVING.**

MARINATED SNOW PEAS AND CHERRY TOMATOES

16 fresh snow peas, trimmed (about 3 ounces)
8 cherry tomatoes, halved
1 cup commercial oil-free Italian dressing

Combine all ingredients in a shallow dish; stir well. Cover and marinate in refrigerator 8 hours, stirring occasionally. To serve, drain vegetables, discarding marinade. Wrap a snow pea around each cherry tomato half; thread onto a wooden pick. Makes 16 appetizers. EACH: 5 CALORIES.

LEMON BROCCOLI WITH ROASTED GARLIC

1 small whole head garlic
Vegetable cooking spray
3 tablespoons lemon juice
8 cups fresh broccoli flowerets (about 1 1/2 pounds)
2 teaspoons grated lemon rind

Remove outer covering on garlic. Do not peel or separate cloves. Wrap garlic in aluminum foil coated with cooking spray. Bake at 325° for 1 hour; let cool 10 minutes. Separate cloves, and squeeze to extract garlic pulp; discard skins.

Position knife blade in food processor bowl: add garlic pulp and lemon juice. Process until well blended; set aside. Arrange broccoli in a vegetable steamer over boiling water: cover and cook 5 minutes or until crisp-tender. Combine broccoli and garlic mixture in a bowl: toss gently to coat. Sprinkle with lemon rind. Makes 8. 29 CALORIES PER 1-CUP SERVING.

GARDEN TABOULI

1/2 cup bulgar
1/2 cup chicken broth
3 tablespoons lemon juice
1 tablespoon oil
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano
1/2 cup canned kidney beans, drained
1/2 cup grated carrot
1/2 cup finely chopped green pepper
1/2 cup minced parsley
1/2 cup chopped tomatoes
1/2 cup chopped green onions
1/2 cup cucumber, peeled, seeded and chopped

Stir bulgar into chicken broth and let stand 30 minutes to soften. Mix together lemon juice, oil, garlic and oregano. Pour over bulgar. Add all other ingredients, except cucumber, to bulgar, stir to mix well and chill a minimum of 1 hour. Add cucumber just before serving. Serves 4. PER SERVING: 240 CALORIES, 5 GRAMS FAT.

ZUCCHINI-MUSHROOM CASSEROLE

1/4 pound sliced mushrooms
1 teaspoon oil
2 cups grated zucchini
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/8 teaspoon dried oregano
2 tablespoons grated Parmesan cheese
2 eggs, beaten very well

Brown mushrooms in oil, stir in all other ingredients, pour into a 1 quart baking dish sprayed with cooking spray. Bake at 350 degrees for 25 minutes. Serves 4. PER SERVING: 75 CALORIES, 5 GRAMS FAT.

SCALLOPED POTATOES

2 medium sliced potatoes (2 cups)
1/2 cup chopped onion
1/4 cup chopped green pepper
1/4 teaspoon dried dill
1 teaspoon salt
1 tablespoon margarine
3 tablespoons flour
1 1/2 cups skim milk
1/4 cup grated sharp cheddar cheese

Spray a 1 1/2 quart baking dish with cooking spray. Make alternating layers of potatoes, onions and green pepper, sprinkling dill and salt over each potato layer.

Melt margarine and drizzle over vegetables. Shake flour and milk together until smooth, stir in grated cheese and pour over the potato mixture. Bake at 350 degrees for 1 1/2 hours or until potatoes are tender when pierced with a fork. Cover the dish for the first 45 minutes. Remove the cover for the remainder of the cooking. Serves 4. PER SERVING: 160 CALORIES. 7 GRAMS FAT.

NOTE: The addition of then slices of turkey ham, at 35 calories and 1 1/2 grams of fat per ounce turns this into a supper casserole.

TURKEY WILD RICE CASSEROLE

1 cup wild rice
1/2 teaspoon salt
4 cups water
1 1/2 pounds fresh mushrooms, sliced 1/4 cup margarine
6 tablespoons flour
2 teaspoons instant chicken bouillon
1 cup water
1 1/3 ounce can evaporated skim milk 12 teaspoon salt
3/4 cups cubed cooked turkey
2 ounces sliced pimento
8 ounces water chestnuts, sliced 1/2 cup sliced almonds

Rinse wild rice, boil with salt and water, then simmer for 45 to 55 minutes.

In a large skillet sauté mushrooms in margarine till tender, stir in flour and bouillon. Slowly stir in water and milk, cook until thickened. Add drained rice, salt, turkey, pimento and water chestnuts. Pour into a 7 X 11 baking dish. Sprinkle with sliced almonds. Bake at 350 degrees for thirty minutes covered. Cook uncovered for three minutes.

Breads

CORNMEAL CRESCENT ROLLS

1 package dry yeast
1/8 teaspoon sugar
1/2 cup warm water (105° to 115°)
1 cup whole wheat flour
1/3 cup yellow cornmeal
3 tablespoons instant nonfat dry milk powder
1/2 teaspoon salt
1/2 cup plain low-fat yogurt
1/4 cup vegetable oil
2 tablespoons molasses
1 1/4 to 1 1/2 cups bread flour
Vegetable cooking spray
1 egg white, slightly beaten
1 teaspoon water

Dissolve yeast and sugar in warm water in a large bowl; let stand 10 minutes. Add whole wheat flour and next 6 ingredients; beat at medium speed of an electric mixer 3 minutes or until smooth. Stir in 1 1/4 cups bread flour, 1/2 cup at a time, to form a soft dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes); add enough remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hand.

Place dough in a bowl coated with vegetable cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in bulk. Punch dough down, and divide in half. Roll each half into a 12 inch circle on a lightly floured surface; lightly coat top of dough with vegetable cooking spray. Cut each circle into 12 wedges; roll up each wedge, beginning at wide end. Place rolls, point side down, 2 inches apart on baking sheets coated with vegetable cooking spray. Cover with plastic wrap, and chill 2 to 24 hour.

Uncover dough. Combine egg white and water; brush over tops of rolls. Bake at 375° for 12 minutes or until golden. Makes 2 dozen. EACH: 78 CALORIES.

RAISIN-BRAN BREAD

1/2 cup rolled oats (not instant)
1 cup hot water
1 package active dry yeast
1/4 cup warm water
1/4 cup honey
1 tablespoon oil
1/2 cup buttermilk or skim milk
1/4 cup wheat germ
1/2 cup raw bran
1 teaspoon salt
1 cup raisins
1 cup whole wheat flour
1 1/2 cups white flour (or more)

Soften rolled oats by soaking in hot water for about 10 minutes. Let cool. Dissolve yeast in warm water. Add honey, oil, buttermilk, wheat germ, soft rolled oats, raw bran and salt. Stir vigorously. Add raisins, whole wheat flour and enough white flour to make a stiff dough.

Turn out onto floured board and knead until smooth and not sticky, about 5 minutes. Place in bowl sprayed with cooking spray, cover and let rise until doubled, about 1 1/2 hours. Punch down, form into loaf, place in 4" x 8" pan sprayed with cooking spray and let rise again until doubled, about 45 minutes. Bake at 375 degrees for about 40 minutes. PER LOAF: 2100 CALORIES, 26 GRAMS FAT.

HERBED PARMESAN BREAD

1 package dry yeast
1 tablespoon sugar
1 1/2 cups warm water (105° to 115°)
1/3 cup instant nonfat dry milk powder
2 teaspoons dried Italian seasoning
1 teaspoon salt
2 tablespoons olive oil
2 2/4 cups bread flour, divided
1/2 cup grated Parmesan cheese
Vegetable cooking spray

Dissolve yeast and sugar in warm water in a large bowl; let stand 15 minutes. Stir in milk powder and next 3 ingredi-

ents. Add 2 cups flour; beat at low speed of an electric mixer until smooth. Add 1/2 cup flour and cheese, beat until smooth. Add remaining 1/4 cup flour, stir well.

Spoon batter into 3(5 x 2 1/2 x 3 inch) loafpans coated with cooking spray; cover with heavy-duty plastic wrap and then aluminum foil. Let stand 15 minutes; freeze 8 hours or up to 1 month. Thaw dough, still covered, in refrigerator 12 hours. Let rise in a warm place (85°), free from drafts, about 1 hour or until 1/2 inch from top of loafpan. Uncover dough; back at 400° for 30 minutes or until a wooden pick inserted in center comes out clean. Let cool 10 minutes. Remove from pans; cool on wire racks. Makes 30 servings. EACH: 63 CALORIES.

MULTIGRAIN BUTTERMILK BREAD

1 package active dry yeast
1/4 cup warm water
2 tablespoons brown sugar
1 tablespoon oil
3/4 cup buttermilk
1 teaspoon salt
1/4 teaspoon baking soda
1/4 cup wheat germ
1/4 cup raw bran
1/2 cup rye flour
1 cup whole wheat flour
1 cup white flour

Dissolve yeast in warm water, along with brown sugar. Add oil, buttermilk, salt and baking soda. Stir to mix well. Add wheat germ, raw bran and rye flour, stir vigorously to blend. Add whole wheat flour and mix well. Add white flour gradually.

Dough will be very stiff - the last half of the white flour may have to be added while kneading. Knead until dough is smooth and elastic. Turn into bowl sprayed with cooking spray, cover and let rise until doubled, about 2 hours. Punch down, form into loaf and place in sprayed 4" x 8" pan. Cover and let rise again until doubled, about 1 hour. Bake at 375 degrees 30 to 35 minutes. PER LOAF: 1500 CALORIES. 22 GRAMS FAT

NO KNEAD, NO FAT LOAF!

1 package active dry yeast
1/4 cup warm water
1 teaspoon sugar
1 teaspoon salt
1 cup skim milk
2 1/2 cups white flour
1/4 teaspoon baking soda
cornmeal

Mix yeast with warm water and sugar, let stand for 5 minutes. When yeast is softened, add salt and milk. Stir in 1 cup of flour to which the baking soda has been added. Beat well for 2 minutes. Stir in rest of flour to make a stiff batter. Spoon into 4" x 8" loaf pan that has been sprayed with cooking spray and sprinkled with cornmeal. Sprinkle top with cornmeal. Cover, let rise in warm place for 45 minutes or until doubled.

Bake at 400 degrees for 25 minutes. PER LOAF: 1100 CALORIES. 4 GRAMS FAT.

Desserts

BRANDIED APPLE-CRANBERRY CRISP PUMPKIN MOUSSE

3 cups peeled, coarsely chopped Rome apple (about 1 pound)

1 cup fresh cranberries

3 tablespoons sugar

3 tablespoons brandy

2 teaspoons lemon juice

1/2 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

3/4 cup quick-cooking oats, uncooked

1/4 cup firmly packed brown sugar

2 tablespoons all-purpose flour

2 tablespoons reduced-calorie margarine

Combine first 7 ingredients in an 8-inch square baking pan; toss well and set aside. Combine oats, brown sugar, and flour in a bowl; cut in margarine with a pastry blender until well blended. Sprinkle evenly over apple mixture.

Bake at 350° for 45 minutes. Makes 6 servings. ABOUT 167 CALORIES PER 1/2 CUP SERVING.

PUMPKIN BREAD PUDDING

1 (16-ounce) package firm tofu, drained

1 (16-ounce) can mashed, cooked pumpkin

1 (8-ounce) carton frozen egg substitute, thawed

3/4 cup firmly packed brown sugar

1 cup skim milk

2 teaspoons vanilla extract

1 teaspoon ground cinnamon

1 teaspoon pumpkin pie spice

8 (1-ounce) slices oatmeal bread, cut into 1-inch cubes

Vegetable cooking spray

Combine first 3 ingredients in container of an electric blender or food processor; cover and process until combined. Add sugar and next 4 ingredients; process until smooth. Combine pumpkin mixture and bread cubes in a bowl, stirring gently to combine. Spoon into a 2-quart baking dish coated with cooking spray. Place dish in a 13 x 9 x 2-inch pan; pour hot water into larger pan to a depth of 1 inch. Bake pudding at 350° for about 55 minutes or until a knife inserted in center of pudding comes out clean. Makes 16 servings. ABOUT 120 CALORIES PER 12-CUP SERVING.

1 envelope unflavored gelatin

2 tablespoons sugar

1/2 cup water 1/2 teaspoon vanilla extract

2/3 cup instant nonfat dry milk powder

1/4 teaspoon pumpkin pie spice

12 cup mashed canned pumpkin

6 ice cubes

Combine gelatin and water in a small saucepan; let stand 1 minute. Cook over medium heat 1 minute or until gelatin is dissolved, stirring constantly. Combine gelatin and remaining ingredients except ice cubes in container of an electric blender; process until smooth. Add ice cubes to container, one at a time, blending well after each addition. Pour into 4 parfait glasses or dessert dishes; cover and refrigerate at least 2 hours. Yield: 4 servings (about 84 calories per serving)

FRUIT-NUT SPREAD

3/4 cup orange sections

12 cup pitted dates, chopped

1/2 cup raisins

1/4 cup chopped pecans

2 tablespoons Madeira or ruby port

1/2 teaspoon ground cinnamon

Position knife blade in food processor bowl; add first 4 ingredients, and process until smooth. Add madeira and cinnamon; pulse twice or until blended. Store in an airtight container in refrigerator. Serve with unsalted crackers or toast. Makes 1 cup plus 3 tablespoons. ABOUT 40 CALORIES PER TABLESPOON.

FAST FRUIT SHORTCAKE

For each serving, cut Lemon Sponge Layer Cake into 3 inch square pieces. Sprinkle each piece with 2 tablespoons skim milk so cake is “spongy” with milk. Top with generous serving of fruit, (fresh, or barely thawed, if frozen) which has been sweetened to taste. Fruit suggestions: raspberries, strawberries, peaches, bananas.

FIBER-HIGH FRUIT MOUSSE

2 ripe bananas
1 lemon, pulp and juice
1 orange, pulp and juice
1 cup berries, fresh or frozen
1 cup lowfat yogurt
3 tablespoons sugar
1 envelope gelatin
1/2 cup water, divided

Blend all fruits together in blender or food processor. Add yogurt and sugar substitute Blend until mixture is smooth. Soften gelatin in 1/4 cup cold water, then add 1/4 cup boiling water to completely dissolve it. Add dissolved gelatin mixture to fruit and blend well. Pour into serving dish and chill until firm. Serves 6. PER SERVING: 105 CALORIES, 1 GRAM FAT.

BERRY PARFAIT

1 teaspoon gelatin
2 tablespoons cold water
2 pints fresh berries, divided
2 cups buttermilk
1/2 cup sugar, divided in half
1/2 teaspoon vanilla
2 egg whites

Soften gelatin in water and heat until dissolved. Blend 1 pint of berries smooth, combine with gelatin, buttermilk, 1/4 cup sugar and vanilla. Freeze.

Beat whites until soft peaks form, then add remaining sugar and beat until stiff. Remove frozen berry mixture from freezer, beat briefly until smooth and fold into egg whites. Freeze.

To serve, remove from freezer and let soften about 15 minutes. Beat briefly and fill glasses with alternating layers of parfait and remaining berries, sliced. Serves 6. PER SERVING: 140 CALORIES, 0.2 GRAMS FAT.

Cookies

COOKIE COOKING TIP

Cookies are hard for most of us to pass up, and unfortunately their fat content is what makes them so delicious. However, the simple trick of making your cookies **SMALLER** than usual will help you consume less fat. Most of us eat cookies by habit - one with a cup of coffee, a couple in our lunch bag, etc. If they're smaller, you'll still take the usual one or two - and get away with fewer calories and fat grams. Try it.

ORANGE SANDWICH STARS

1/4 cup margarine, softened
1/4 cup sugar
1 teaspoon lemon extract
1 cup all-purpose flour
1/8 teaspoon salt
2 tablespoons unsweetened orange juice, divided
3/4 cup sifted powdered sugar

Cream softened margarine, and gradually add sugar, beating at medium speed of an electric mixer until light and fluffy. Stir in lemon extract. Combine all-purpose flour and salt, and gradually add to creamed mixture, beating well. Add 1 tablespoon unsweetened orange juice, and beat unsweetened orange juice, and beat well. Wrap dough in heavy duty plastic wrap, and chill 30 minutes.

Roll dough to 1/8 inch thickness on a lightly floured surface. Cut with a 1 1/2 inch star cookie cutter; place 1 inch apart on baking sheets. Bake at 350° for 10 minutes. Cool completely on wire racks.

Combine powdered sugar and remaining 1 tablespoon orange juice; stir well. Spread 1/4 teaspoon mixture on bottoms of half the cookies. Top with remaining cookies. Store loosely covered. Makes 31 cookies: EACH: 50 CALORIES.

EDIBLE COOKIES TO HANG

1 cup butter, softened
1 cup sugar
3 eggs, beaten
1/3 cup brandy
1 teaspoon mace
4 cups flour

Cream butter and sugar. Beat in eggs brandy, and mace. Add sifted flour and work dough until smooth. Shape into a roll, wrap in plastic wrap or foil, and chill thoroughly.

Working on a lightly floured surface, roll dough out to 1/16 inch thickness and cut into desired shapes with cookie cutters. Place cookies on an ungreased baking sheet and sprinkle with colored sugar or use frosting after baking. Use a toothpick to make a hole near the top of the cookie for inserting string after baking. Bake at 375° until golden, 8-9 minutes. EACH 96 CALORIES (without frosting).

Frosting: In a small bowl, with electric mixer, beat together 1 1/4 cups confectioners' sugar, egg white, and 1/8 teaspoon cream of tartar until smooth and thick but not stiff enough to stand in peaks. Spread over some of the cookies and allow to dry several hours. Store remaining frosting in refrigerator covered with a moist towel.

To pipe decorations on cookies, beat remaining frosting until stiff. Color with food coloring and place in pastry bag with writing tip.

OATMEAL FLAKEROONS

1/2 cup margarine
1/2 cup brown sugar
1/2 teaspoon vanilla
1 egg
3/4 cup flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon cinnamon
1 1/2 cups regular rolled oats

Cream margarine and sugar, add vanilla and egg and beat until smooth. Mix flour, baking soda, salt and cinnamon and add to creamed mixture. Beat well, then work in oatmeal. Batter will be very thick. Roll dough into 1" balls and place on non-stick cookie sheet. Bake at 350° for 12-15 minutes. Cool 1 minute in pan before removing. Makes 40. EACH: 50 CALORIES, 2.5 GRAMS FAT.

GINGERBREAD PEOPLE

1/4 cup margarine, softened
1/2 cup firmly packed brown sugar
2 cups plus
2 tablespoons all-purpose flour
2 teaspoons ground cinnamon
1 1/2 teaspoons ground ginger
3/4 teaspoon baking soda
1/2 teaspoon ground cloves
4 to 8 tablespoons ice water
Vegetable cooking spray
12 cup sifted powdered sugar
1 1/2 to 2 teaspoons water

Cream margarine; add brown sugar, beating at medium speed until light and fluffy. Combine flour and next 4 ingredients; gradually add flour mixture to creamed mixture, beating until mixture resembles coarse meal. Sprinkle ice water, 1 tablespoon at a time, over surface; toss with a fork until dry ingredients are moistened.

Gently press mixture into a ball; wrap in heavy-duty plastic wrap, and freeze 30 minutes. Roll dough to 1/8" thickness on a lightly floured surface. Cut with 3" gingerbread people cutters. Place on greased cookie sheets; bake at 375° for 7 to 10 minutes. Cool on wire racks.

Combine powdered sugar and water; stir well. Spoon into a decorating bag fitted with a small, round tip; pipe icing onto cookies. Store loosely covered. Makes 50. EACH: 44 CALORIES.

PUMPKIN COOKIES

1/3 stick margarine or 3 tablespoons vegetable oil
1/4 cup sugar
1/3 cup brown sugar
1 egg, well beaten
1 tablespoon honey
1 teaspoon vanilla
2 cups whole wheat flour
1 teaspoon baking soda
1 1/2 teaspoon nutmeg pinch salt
1 cup canned pumpkin
1/2 cup raisins
1/2 cup walnuts or almonds

Cream butter with sugars. Beat in egg, honey and vanilla. Mix flour, soda, nutmeg and salt together. Fold into margarine mixture. Fold in pumpkin, raisins and nuts and drop by teaspoons (do not press flat) onto lightly oiled cookie sheet. Bake at 300° for 15-20 minutes, until light brown.

SPICY GINGER CRISPS

1/2 cup margarine
2/3 cup sugar
1 egg
1/4 cup molasses
1 3/4 cup flour
1 teaspoon ground ginger
1 teaspoon cinnamon
1 1/2 teaspoons baking soda
12 teaspoon salt
1/4 cup sugar (approx.)

Beat together margarine and 2/3 cup sugar until creamy. Add egg and molasses and beat well. Mix together flour, ginger, cinnamon, baking soda and salt and add to creamed mixture, beating well. Using 1 teaspoon of dough, roll it into a small ball, then roll lightly in the additional sugar. Place on a non-stick cookie sheet and bake at 350° for 10 minutes. Makes 60. EACH: 45 CALORIES, 1.6 GRAMS FAT.

SPINGERLES

These European cookies are made with a carved rolling pin or mold

1/4 cup margarine
1/4 cup firmly packed brown sugar
1 1/2 tablespoons honey
1/4 cup light process cream cheese product
1/2 teaspoon almond extract
1/4 teaspoon anise extract
2 cups all-purpose flour

Cream margarine; add sugar, beating at medium speed of an electric mixer until blended. Add honey and cream cheese; beat well. Stir in extracts. Gradually add flour to creamed mixture, beating well. (Dough will be stiff.) Roll dough to 1/4 inch thickness on a lightly floured surface. Using a floured rolling pin or cookie mold, press firmly to imprint dough. Cut cookie squares apart, and place on ungreased cookie sheets. Bake at 275° for 35 minutes or until firm when lightly touched. Cool on wire racks. Store loosely covered. Makes 32 cookies. EACH: 57 CALORIES.

CHOCOLATE THUMBPRINTS

1/4 cup margarine, softened
1/3 cup sugar
1 egg white
1/2 teaspoon lemon extract
1 1/3 cups sifted cake flour
Vegetable cooking spray
1/2 cup sifted powdered sugar
1 tablespoon sifted unsweetened cocoa
1 1/2 teaspoons water

Cream margarine; gradually add sugar, beating at medium speed of an electric mixer until light and fluffy. Add egg white and lemon extract; beat well. Stir in flour. (Dough will be stiff.) Wrap dough in heavy-duty plastic wrap, and freeze 10 minutes.

Shape dough into 1" balls; place 2" apart on baking sheets coated with cooking spray or covered with parchment paper. Press center of each ball with thumb, making an indentation. Bake at 375° for 10 minutes. Cool completely on wire racks. Combine powdered sugar, cocoa, and

water; stir well. Spoon 1/4 teaspoon mixture into center of each cookie. Store cookies tightly covered. Makes: 2 1/2 dozen. EACH: 48 CALORIES.

PINWHEEL COOKIES

1/4 cup margarine, softened
1/2 cup sugar
1 egg, separated
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour
1/4 teaspoon baking soda
2 tablespoons unsweetened cocoa, sifted
1/2 teaspoon chocolate extract
Vegetable cooking spray

Cream margarine; gradually add sugar, beating at medium speed of an electric mixer until light and fluffy. Add egg white and vanilla; beat well. Combine flour and baking soda; add to creamed mixture, beating well. Divide dough in half. Place half of dough on heavy-duty plastic wrap, and gently press into a 5-inch square. Cover with additional heavy-duty plastic wrap, and freeze 10 minutes.

Combine remaining dough, egg yolk, cocoa, and extract; stir well. Place on heavy-duty plastic wrap, and gently press into a 5 inch square. Cover with additional heavy-duty plastic wrap, and freeze 10 minutes. Roll each square, still covered, into a 12 x 8 inch rectangle, and freeze 10 minutes. Unwrap; place chocolate dough on top of plain dough. Starting at long side, carefully roll up jellyroll fashion. Wrap in heavy-duty plastic wrap, and freeze 10 minutes.

Unwrap dough, and cut into 1/4 inch slices. Place 1 inch apart on cookie sheets coated with cooking spray; bake at 350° for 10 to 12 minutes. Cool on wire racks. Store loosely covered. Makes 4 dozen. EACH: 35 CALORIES.

MORE FUN RECIPES FOR KIDS!

FINGER JELL-O

3 pkg. JELL-O (3 -Oz.) any flavor
4 envelopes Knox gelatin (unflavored)
4 cubs boiling water

Mix Jell-O and gelatin with hot water until well dissolved.
Pour on cookie sheet-or in 9 x 13 pan depending on
desired thickness. Refrigerate 4 hours.

You can cut Jell-O into squares and eat it with your
fingers. It is very firm, and will stay firm several hours
unrefrigerated. Children love it so it goes over big as a
school treat or after school snack. Try cutting it with
cookie cutters for special occasions like Valentines or
Christmas.

TREAT KABOBS

Take a plastic straw, slide on cherries, pineapple chunks,
strawberries, slices of bananas and apples (treated for
browning), grapes, finger Jell-O, cake chunks, etc.. This
can also be done with a pretzel stick.

BANANA SICLE

Peel a banana and cut it in half. Insert a popsicle stick on
each cut end. Dip in chocolate syrup or honey; roll in
chopped nuts, coconut, cookie crumbs, crushed candy,
etc. Freeze.

SNOW CONES

Make ice cubes of your kid's favorite Juice. Store cubes
in a plastic bag in the freezer. To make snow cones, put 3-
6 cubes in a blender and process until snowy consistency.
Serve in a paper cup.

CANDY APPLES

Put an apple on a popsicle stick, dip in honey, drain well;
roll in chopped nuts, coconut, cookie crumbs, crushed
candy etc.



Non-Alcoholic Drink Recipes

Sweet Drinks

Mexican Sunset

(1 serving)

1 c. chilled orange juice

1/2 jigger grenadine

Pour orange juice into tall glass. Add grenadine and allow to settle to the bottom. May be served over ice.

Pina colada Perfecto

(1 serving)

1 jigger creme of coconut

2 jiggers pineapple juice

1 1/2 jiggers of club soda

Mix over ice.

Strawberry Fling

(3-4 servings)

1/2 pint strawberry ice cream

1 c. milk

4 t. grenadine syrup whole strawberries

Beat ice cream and milk until foamy thick in blender; pour into glasses. Pour grenadine down each glass. Garnish with strawberries.

Spicy-Sweet Drinks

Noon on the Equator

(1 serving)

1/4 c. orange juice

1/4 c. tomato juice

1/4 lemon

1/4 t. Worcestershire sauce

1 1/2 t. grenadine syrup

dash of Tobasco sauce

salt and pepper

Combine all ingredients in cocktail shaker and add ice cubes. Shake well and strain into glass.

Russian Tea

(1 or more servings)

1 c. dry, unsweetened instant tea

1 10 cent pkg. lemonade mix

1 teaspoon cloves

1 large jar Tang

1 c. sugar

1 tsp. cinnamon

Mix thoroughly and store in airtight container. (Will keep indefinitely.) Use 2 teaspoons Russian tea to one cup boiling water. May be served hot or chilled.

Semi-sweet Drinks

Orange Cranberry Toddy

(8 servings)
2 c. cranberry juice cocktail
1/4 c. sugar
1 stick cinnamon
8 whole cloves
6 c. orange juice
2 oranges, sliced

Heat first five ingredients to boiling point. Taste and add more sugar if needed. Garnish with orange slices and add cinnamon sticks for swizzles.

Lemon-Grape Frosty

(4 servings)
8 T. grape juice concentrate
3 c. water
1/2 c. lemon juice
1 c. plain yogurt
Lemon slices, as garnish

Put first four ingredients into blender and mix well. Pour into ice filled glasses and garnish with lemon slices.

Punches

Sparkling Fruit Slush

(10 servings)
2 pints unsweetened pineapple juice
2 6-oz. cans pink lemonade concentrate
1 c. water
juice of one lemon or lime

Mix ingredients and freeze overnight. Remove from freezer just before serving. Stir well.

Mock Pink Champagne

(1 1/2 qts. 10 servings)
1/2 c. sugar
1 c. water
1 6-oz. can frozen orange juice concentrate
1 6 oz. can frozen grapefruit juice concentrate
1 28-oz. bottle ginger ale
1/3 c. grenadine syrup

Early in day, mix sugar with water in sauce pan and boil 5 minutes. Cool. Add frozen juice concentrates. Refrigerate. At serving time add ginger ale and grenadine syrup. Stir lightly.